

FROZEN MENU	Week 1	Week 2	Week 3	WEEK 4
Meals				
BRAISED PORK BELLY				
CHICKEN PARMIGIANA & GRAVY				
CRUMBED FISH WITH TARTARE SAUCE				
PICKLED PORK W WHITE SAUCE				
ROAST CHICKEN & GRAVY				
ROAST LAMB & GRAVY				
SAUSAGES w/ONION GRAVY				
SWEET AND STICKY CRISPY BEEF				
SPECIAL MODIFIED MEALS ONLY				
	Soft & Bitesize, Minced and Moist or Pureed meals			
BEEF & Vegetables				
Chicken & Vegetables				
Lamb & Vegetables				
Fish & Vegetables				
Pork & Vegetables				
Dessert	Kitchen will send you a selection of what is available			
How many frozen desserts for the week				
Soups				
	Kitchen will send you a selection of what is available			
How many frozen soups for the week				
Juice				
Apple Juice				
Orange Juice				
Client Feedback:				



St Stephens Toowoomba Meals On Wheels

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MENU 5

From 26/04/2021 TO 23/05/2021

Return order form by 8TH APRIL 2021.

- The office needs 24hrs notice if a meal needs to be cancelled.
- Confirm before 8h30 if meal will be collected from the office on the day of collection

Client Name	
Client Type	
Address	
Run	

All meals come served with vegetables.

New Prices

Prices	CHSP	HCP	NDIS
Meal Pack (Meal, Dessert, Soup and Juice) CHSP & NDIS	\$10.50		\$5.50
Meal Pack (Meal, Dessert and Juice) HCP		\$5.50	
Main Meal (Hot, Cook Chilled or Frozen)	\$7.50	\$4.50	\$4.50
Salad	\$7.50	\$4.50	\$4.50
Sandwich	\$5.50	\$4.50	\$4.50
Dessert	\$2.50	\$3.00	
Soup	\$3.00	\$3.00	
Juice	\$0.50	\$0.50	

Meals delivered between 11:15 am & 1:00 pm

Special Messages:

Meals on wheels is closed on the 26 April 2021 (Anzac Day Holiday) and the 3 May 2021 (Labour Day), please select a frozen meal for that day if required

FRESH MENU				Date: 26/04/2021 to 23/05/2021				Name :				Run :											
Menu 1		Week		1		Menu 2		Week		2		Menu 3		Week		3		Menu 4		Week		4	
Monday		26 April 2021		Monday		3 May 2021		Monday		10 May 2021		Monday		17 May 2021									
Meal A	Anzac Day Holiday			Meal A	Labour Day Holiday			Meal A	Shepherd's Pie			Meal A	Chicken Schnitzel										
Meal B	MOW is closed, frozen meal is available and can be delivered in week 4 of Menu 4			Meal B	MOW is closed, Frozen meal is available and can be delivered in week 1 of Menu 5			Meal B	BBQ Beef Sausage & Mash			Meal B	Sweet & Sour Pork										
Salad				Salad				Chicken Range Salad			Salad	Ham & Cheese Salad											
Sandwich				Sandwich				Ranch Chicken Sandwich			Sandwich	Ham, Cheese & Tomato											
Dessert				Dessert				No Baked Choc Cheesecake			Dessert	Pavlova w Berry/ Cream											
Soup				Soup				Soup of the Day			Soup	Soup of the Day											
Tuesday		27 April 2021		Tuesday		4 May 2021		Tuesday		11 May 2021		Tuesday		18 May 2021									
Meal A	Lamb Hotpot			Meal A	Chicken w/Hollandaise			Meal A	Lamb Hotpot			Meal A	Chicken w/Hollandaise										
Meal B	Balinese Chicken			Meal B	Beef Lasagne			Meal B	Balinese Chicken			Meal B	Beef Lasagne										
Salad	Roast Beef Salad			Salad	Egg Salad			Salad	Roast Beef Salad			Salad	Egg Salad										
Sandwich	Beef, Cheese & Chutney			Sandwich	Egg & Lettuce			Sandwich	Beef, Cheese & Chutney			Sandwich	Egg & Lettuce										
Dessert	Cookies & Cream Cake w/Cream			Dessert	Cheesecake w/white Choc			Dessert	Cookies & Cream Cake w/Cream			Dessert	Cheesecake w/white Choc										
Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day										
Wednesday		28 April 2021		Wednesday		5 May 2021		Wednesday		12 May 2021		Wednesday		19 May 2021									
Meal A	Roast Pork w/Apples & Gravy			Meal A	Roast Beef w/Yorkshire			Meal A	Roast Pork w/Apples & Gravy			Meal A	Roast Beef w/Yorkshire										
Meal B	Mild Coconut Chicken Curry			Meal B	Mild Lamb & Potato Curry			Meal B	Mild Coconut Chicken Curry			Meal B	Mild Lamb & Potato Curry										
Salad	Tuna Salad			Salad	Corn Beef Salad			Salad	Tuna Salad			Salad	Corn Beef Salad										
Sandwich	Tuna & Lettuce			Sandwich	Corn Beef & Salad			Sandwich	Tuna & Lettuce			Sandwich	Corn Beef & Salad										
Dessert	Sticky Date Pudding			Dessert	Cinnamon Donut w/Jam			Dessert	Sticky Date Pudding			Dessert	Cinnamon Donut w/Jam										
Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day										
Thursday		29 April 2021		Thursday		6 May 2021		Thursday		13 May 2021		Thursday		20 May 2021									
Meal A	Corned Beef w/ Onion Parsley sauce			Meal A	Meatloaf & Gravy			Meal A	Corned Beef w/ Onion Parsley sauce			Meal A	Meatloaf & Gravy										
Meal B	Pink Salmon & Creamy Tomato Bake			Meal B	Chicken Carbonara w/ Vegetables			Meal B	Pink Salmon /Creamy Tomato Bake			Meal B	Chicken Carbonara w/ Vegetables										
Salad	Turkey Salad			Salad	Beef & Pickles Salad			Salad	Turkey Salad			Salad	Beef & Pickles Salad										
Sandwich	Turkey, Cranberry & Cheese			Sandwich	Roast Beef, Cheese & Pickles			Sandwich	Turkey, Cranberry & Cheese			Sandwich	Roast Beef, Cheese & Pickles										
Dessert	Carrot Cake w/ Cream			Dessert	Passion Fruit Cheesecake			Dessert	Carrot Cake w/ Cream			Dessert	Passion Fruit Cheesecake										
Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day										
Friday		30 April 2021		Friday		7 May 2021		Friday		14 May 2021		Friday		21 May 2021									
Meal A	Crispy Fish w/Sweet & Sour Sauce			Meal A	Baked Fish w/Garlic Sauce			Meal A	Crispy Fish w/Sweet & Sour Sauce			Meal A	Baked Fish w/Garlic Sauce										
Meal B	Spaghetti Bolognese			Meal B	Bacon & Egg Quiche			Meal B	Spaghetti Bolognese			Meal B	Bacon & Egg Quiche										
Salad	Bacon Salad			Salad	Cheese & Garden Salad			Salad	Bacon Salad			Salad	Cheese & Garden Salad										
Sandwich	Bacon, Lettuce & Tomato			Sandwich	Cheese & Garden Salad			Sandwich	Bacon, Lettuce & Tomato			Sandwich	Cheese & Garden Salad										
Dessert	Apple, Berry crumble			Dessert	Custard Tart			Dessert	Apple, Berry crumble			Dessert	Custard Tart										
Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day										
Juices P/W	Apple		Orange	Juices P/W	Apple		Orange	Juices P/W	Apple		Orange	Juices P/W	Apple		Orange								