

FROZEN MENU	Week 1 29-30 May	Week 2 5-6 June	Week 3 12-13 June	WEEK 4 19-20 June
Meals				
BBQ BEEF SAUSAGES				
CHICKEN W/ HOLLANDAISE SAUCE				
CORN BEEF W/ONION PARSLEY SAUCE				
CRUMBED FISH W/TARTARE SAUCE				
LAMB AND POTATO CURRY				
ROAST BEEF AND GRAVY				
ROAST PORK W/ APPLE SAUCE				
SPAGHETTI BOLOGNAISE				
<b>SPECIAL MODIFIED MEALS ONLY</b>	<b>Soft &amp; Bitesize, Minced and Moist or Pureed meals</b>			
BEEF & Vegetables				
Chicken & Vegetables				
Lamb & Vegetables				
Fish & Vegetables				
Pork & Vegetables				
<b>Dessert</b>	<b>Kitchen will send a selection that is available</b>			
How many frozen desserts do you require a week				
<b>Soups</b>	<b>Kitchen will send a selection that is available</b>			
How many frozen soups do you require a week				
<b>Juice</b>				
Apple Juice				
Orange Juice				
Client Feedback:				



## St Stephens Toowoomba Meals On Wheels

81 Herries Street East Toowoomba QLD 4350

P: (07) 46328355 F: (07)4632 8015

E: [Admin@mowtoowoomba.com.au](mailto:Admin@mowtoowoomba.com.au)

W: [www.mowtoowoomba.com.au](http://www.mowtoowoomba.com.au)

### MENU 6

From 24/05/2021 to 20/06/2021

**Return order form 11 May 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	Unsubsidized	CHSP	HCP	NDIS
Meal Pack (Meal, Dessert, Soup and Juice) CHSP & NDIS	\$13.00	\$10.50	\$5.50	\$5.50
Meal Pack (Meal, Dessert and Juice) HCP				
Main Meal (Hot, Cook Chilled or Frozen)	\$9.50	\$7.50	\$4.50	\$4.50
Salad	\$9.50	\$7.50	\$4.50	\$4.50
Sandwich	\$6.50	\$5.50	\$4.50	\$4.50
Dessert	\$3.00	\$2.50	\$3.00	
Soup	\$3.50	\$3.00	\$3.00	
Juice	\$0.50	\$0.50	\$0.50	

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

#### Special Messages:

***This is a breakdown of the client types that is available:***

**Unsubsidized Price** – Is for client under the age of 65 that do not qualify for (CHSP) Commonwealth Home Support Programme funding

**CHSP**- Is for clients over the age of 65 where CHSP provides entry level support for older people who need some help to stay at home.

**HCP** – Home Care package is for clients that have more complex care needs that go beyond what CHSP funding can provide. There is 4 level of care.

**NDIS:** If for Client with a NDIS Agreement

FRESH MENU										Date: 24/05/2021 to 20/06/2021										Name :										Run :									
Menu 1		Week				1	Menu 2		Week				2	Menu 3		Week				3	Menu 4		Week				4												
Monday					24 May 2021					Monday					31 May 2021					Monday					07 June 2021					Monday					14 June 2021				
Meal A	Chicken Schnitzel w/Gravy					Meal A	Savory Mince					Meal A	Chicken Schnitzel w/Gravy					Meal A	Savory Mince																				
Meal B	Beef Sausages w/Onion Gravy					Meal B	Sweet & Sour Chicken					Meal B	Beef Sausages w/Onion Gravy					Meal B	Sweet & Sour Chicken																				
Salad	Sweet Chilli Tuna Salad					Salad	Corn Beef Salad					Salad	Sweet Chilli Tuna Salad					Salad	Corn Beef Salad																				
Sandwich	Sweet Chilli Tuna & Lettuce					Sandwich	Corn Beef					Sandwich	Sweet Chilli Tuna & Lettuce					Sandwich	Corn Beef																				
Dessert	Dessert of the day					Dessert	Dessert of the day					Dessert	Dessert of the day					Dessert	Dessert of the day																				
Soup	Soup of the Day					Soup	Soup of the Day					Soup	Soup of the Day					Soup	Soup of the Day																				
Tuesday					25 May 2021					Tuesday					01 June 2021					Tuesday					08 June 2021					Tuesday					15 June 2021				
Meal A	Irish Stew					Meal A	Braised Beef & Onion					Meal A	Irish Stew					Meal A	Braised Beef & Onion																				
Meal B	Honey Soy Chicken					Meal B	Pork Sausages w/Tomato onion Sauce					Meal B	Honey Soy Chicken					Meal B	Pork Sausages w/Tomato onion Sauce																				
Salad	Ham Salad					Salad	Turkey Salad					Salad	Ham Salad					Salad	Turkey Salad																				
Sandwich	Ham, Cheese & Tomato					Sandwich	Turkey, Cranberry & Cheese					Sandwich	Ham, Cheese & Tomato					Sandwich	Turkey, Cranberry & Cheese																				
Dessert	Dessert of the Day					Dessert	Dessert of the day					Dessert	Dessert of the Day					Dessert	Dessert of the day																				
Soup	Soup of the Day					Soup	Soup of the Day					Soup	Soup of the Day					Soup	Soup of the Day																				
Wednesday					26 May 2021					Wednesday					02 June 2021					Wednesday					09 June 2021					Wednesday					16 June 2021				
Meal A	Roast Pork w/Apple Sauce					Meal A	Roast Beef & Gravy					Meal A	Roast Pork w/Apple Sauce					Meal A	Roast Beef & Gravy																				
Meal B	Sweet Potato & Beef Stew					Meal B	Crispy Fish w/ Plum Sauce					Meal B	Sweet Potato & Beef Stew					Meal B	Crispy Fish w/ Plum Sauce																				
Salad	Egg Salad					Salad	Roast Pumpkin & Feta					Salad	Egg Salad					Salad	Roast Pumpkin & Feta																				
Sandwich	Egg and Lettuce					Sandwich	Cheese and Salad					Sandwich	Egg and Lettuce					Sandwich	Cheese and Salad																				
Dessert	Dessert of the day					Dessert	Dessert of the day					Dessert	Dessert of the day					Dessert	Dessert of the day																				
Soup	Soup of the Day					Soup	Soup of the Day					Soup	Soup of the Day					Soup	Soup of the Day																				
Thursday					27 May 2021					Thursday					03 June 2021					Thursday					10 June 2021					Thursday					17 June 2021				
Meal A	Chicken Stroganoff					Meal A	Pickle Pork w/White Sauce					Meal A	Chicken Stroganoff					Meal A	Pickle Pork w/White Sauce																				
Meal B	Beef Lasagne					Meal B	Apricot Chicken					Meal B	Beef Lasagne					Meal B	Apricot Chicken																				
Salad	Roast Pork Salad					Salad	Beef Salad					Salad	Roast Pork Salad					Salad	Beef Salad																				
Sandwich	Roast Pork & Chutney					Sandwich	Roast Beef & Chutney					Sandwich	Roast Pork & Chutney					Sandwich	Roast Beef & Chutney																				
Dessert	Dessert of the Day					Dessert	Dessert of the day					Dessert	Dessert of the Day					Dessert	Dessert of the day																				
Soup	Soup of the Day					Soup	Soup of the Day					Soup	Soup of the Day					Soup	Soup of the Day																				
Friday					28 May 2021					Friday					04 June 2021					Friday					11 June 2021					Friday					18 June 2021				
Meal A	Grilled Fish w/Lemon Butter					Meal A	Crumbed Whiting Fish w/Tartare					Meal A	Grilled Fish w/Lemon Butter					Meal A	Crumbed Whiting Fish w/Tartare																				
Meal B	Chicken & Veg Bake					Meal B	Egg & Bacon Quiche					Meal B	Chicken & Veg Bake					Meal B	Egg & Bacon Quiche																				
Salad	Chicken Ranch Salad					Salad	Pickled Pork					Salad	Chicken Ranch Salad					Salad	Pickled Pork																				
Sandwich	Chicken Ranch					Sandwich	Pickle Pork, Caramelized Onion					Sandwich	Chicken Ranch					Sandwich	Pickle Pork, Caramelized Onion																				
Dessert	Dessert of the Day					Dessert	Dessert of the day					Dessert	Dessert of the Day					Dessert	Dessert of the day																				
Soup	Soup of the Day					Soup	Soup of the Day					Soup	Soup of the Day					Soup	Soup of the Day																				
Juices per week	Apple		Orange		Juice per week	Apple		Orange		Juices per week	Apple		Orange		Juice per week	Apple		Orange																					