

FROZEN MENU	Week 1	Week 2	Week 3	WEEK 4
Meals				
APRICOT CHICKEN				
BRAISED BEEF & ONION				
CHICKEN SCHNITZEL W/ GRAVY				
CRUMBED FISH W/TARARE SAUCE				
IRISH STEW				
PORK SAUSAGES				
ROAST PORK W/ APPLE SAUCE				
SWEET POTATO & BEEF STEW				
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 a selection that is available			
How many frozen desserts do you require a week				
Soups	Kitchen will send a selection that is available			
How many frozen soups do you require a week				
Juice				
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

W: www.mowtoowoomba.com.au

MENU 7

From 21/06/2021 to 18/07/2021

Return order form 14 June 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	Unsubsidised	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:

Unsubsidised Price – Is for client under the age of 65 that do not qualify for CHSP or HCP.

CHSP- Is for client 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 client that have more complex care needs that go beyond what CHSP funding can provide. There are 4 levels of care.

NDIS – If for client with a NDIS Agreement

FRESH MENU										Date: 21/06/2021 TO 18/07/2021										Name :										Run :									
Menu 1		Week		1		Menu 2		Week		2		Menu 3		Week		3		Menu 4		Week		4																	
Monday				21 June 2021				Monday				28 June 2021				Monday				05 July 2021				Monday				12 July 2021											
Meal A	Chicken Parmigiana						Meal A	Honey Soy Chicken						Meal A	Chicken Parmigiana						Meal A	Honey Soy Chicken																	
Meal B	Beef Bourguignon						Meal B	Sweet & Sour Pork						Meal B	Beef Bourguignon						Meal B	Sweet & Sour Pork																	
Salad	Sweet Chilli Tuna Salad						Salad	Ham Salad						Salad	Sweet Chilli Tuna Salad						Salad	Ham Salad																	
Sandwich	Sweet Chilli Tuna & Lettuce						Sandwich	Ham & Cheese						Sandwich	Sweet Chilli Tuna & Lettuce						Sandwich	Ham & 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																	
Tuesday				22 June 2021				Tuesday				29 June 2021				Tuesday				06 July 2021				Tuesday				13 July 2021											
Meal A	Corned Beef w/ Mustard Sauce						Meal A	Lamb Hotpot						Meal A	Corned Beef w/ Mustard Sauce						Meal A	Lamb Hotpot																	
Meal B	Pork Sausages w/tomato and Onion Gravy						Meal B	Meatball's w/ Tomato Sauce						Meal B	Pork Sausages w/tomato and Onion Gravy						Meal B	Meatball's w/ Tomato Sauce																	
Salad	Chicken Ranch Salad						Salad	Salmon Salad						Salad	Chicken Ranch Salad						Salad	Salmon Salad																	
Sandwich	Chicken Range						Sandwich	Salmon & Cucumber						Sandwich	Chicken Range						Sandwich	Salmon & Cucumber																	
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				23 June 2021				Wednesday				30 June 2021				Wednesday				07 July 2021				Wednesday				14 July 2021											
Meal A	Roast Pork w/ Apple Sauce						Meal A	Roast Beef w/ Gravy						Meal A	Roast Pork w/ Apple Sauce						Meal A	Roast Beef w/ Gravy																	
Meal B	Butter Chicken						Meal B	Chicken Kiev						Meal B	Butter Chicken						Meal B	Chicken Kiev																	
Salad	Corned Beef Salad						Salad	Egg Salad						Salad	Corned Beef Salad						Salad	Egg Salad																	
Sandwich	Corned Beef & Pickle						Sandwich	Egg & Lettuce						Sandwich	Corned Beef & Pickle						Sandwich	Egg & Lettuce																	
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				24 June 2021				Thursday				01 July 2021				Thursday				08 July 2021				Thursday				15 July 2021											
Meal A	Roast Chicken						Meal A	Pickle Pork w/ White Sauce						Meal A	Roast Chicken						Meal A	Pickle Pork w/ White Sauce																	
Meal B	Bacon, Pumpkin & Zucchini Quiche						Meal B	Vegetable Curry						Meal B	Bacon, Pumpkin & Zucchini Quiche						Meal B	Vegetable Curry																	
Salad	Egg Salad						Salad	Roast Beef						Salad	Egg Salad						Salad	Roast Beef																	
Sandwich	Curried Egg						Sandwich	Roast Beef & Chutney						Sandwich	Curried Egg						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				25 June 2021				Friday				02 July 2021				Friday				09 July 2021				Friday				16 July 2021											
Meal A	Crumbed Fish w/Tartare						Meal A	Barramundi w/ Garlic Sauce						Meal A	Crumbed Fish w/Tartare						Meal A	Barramundi w/ Garlic Sauce																	
Meal B	Chicken, Bacon Pasta w/ Creamy Tomato Sauce						Meal B	Beef Stroganoff						Meal B	Chicken, Bacon Pasta w/ Creamy Tomato Sauce						Meal B	Beef Stroganoff																	
Salad	Bacon Salad						Salad	Pickled Pork						Salad	Bacon Salad						Salad	Pickled Pork																	
Sandwich	Bacon. Lettuce & Tomato (BLT)						Sandwich	Pickle Pork, Caramelized Onion						Sandwich	Bacon. Lettuce & Tomato (BLT)						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			Juice per week	Apple		Orange			Juice per week	Apple		Orange																	