

FROZEN MENU	Week 1	Week 2	Week 3	WEEK 4
Meals				
BEEF LASAGNA				
CHICKEN SCHNITZEL w/ CREAM MUSHROOM DIJON SAUCE				
CRISPY FISH WITH CHILLI PLUM SAUCE				
CRUMBED FISH WITH MALTAISE SAUCE				
ROAST BEEF AND GRAVY				
ROAST TURKEY & CRANBERRY SAUCE				
SLOW COOKER PORK SAUSAGE CASSEROLE				
SPAGHETTI BOLOGNAISE				
SPECIAL MODIFIED MEALS ONLY				
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](mailto:Admin@mowtoowoomba.com.au)

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

### October 2020 Menu

From 28/09/2020 to 25/10/2020

**Return order from by 17<sup>th</sup> September 2020**

- 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	
Address	
Run	

All meals come served with vegetables

#### New Prices

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

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

#### **Special Messages:**

*This menu cover 4 week, if you need meals for the weekend see the frozen menu on this page.*

*You can indicate the number of juices you require per week on THE FRESH MENU eg.*

Juice per week	Apple	2	Orange	3
----------------	-------	---	--------	---

FRESH MENU				Date: 28 Sept 2020 – 25 Oct 2020				Name :				Run :												
Menu 1		Week		1		Menu 2		Week		2		Menu 3		Week		3		Menu 4		Week		4		
Monday		28 Sept 2020		Monday		05 Oct 2020		Monday		12 Oct 2020		Monday		19 Oct 2020										
Meal A	Chicken Parmigiana			<b>Queen Birthday</b> <b>No Meals will be delivered today</b>	Meal A	Chicken Parmigiana			Meal A	Chicken Parmigiana			Meal A	Honey Soy Chicken Wings										
Meal B	Steak & Kidney Pie				Meal B	Steak & Kidney Pie			Meal B	Steak & Kidney Pie			Meal B	Sweet & Sour Pork										
Salad	Sweet Chilli Tuna Salad				Salad	Sweet Chilli Tuna Salad			Salad	Sweet Chilli Tuna Salad			Salad	Greek Chicken Salad										
Sandwich	Sweet Chilli Tuna & Lettuce				Sandwich	Sweet Chilli Tuna & Lettuce			Sandwich	Sweet Chilli Tuna & Lettuce			Sandwich	Chicken & Fennel										
Dessert	Rhubarb & White Choc				Dessert	Rhubarb & White Choc			Dessert	Rhubarb & White Choc			Dessert	Mango Mousse Tart										
Soup	Soup of the Day				Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day										
Tuesday		29 Sept 2020		Tuesday		06 Oct 2020		Tuesday		13 Oct 2020		Tuesday		20 Oct 2020										
Meal A	BBQ Beef Sausages			Meal A	Beef Bourguignon			Meal A	BBQ Beef Sausages			Meal A	Beef Bourguignon											
Meal B	Bacon, Pumpkin, Zucchini Quiche			Meal B	Indonesian Fried Rice			Meal B	Bacon, Pumpkin, Zucchini Quiche			Meal B	Indonesian Fried Rice											
Salad	Chipotle Chicken Salad			Salad	Salami Salad			Salad	Chipotle Chicken Salad			Salad	Salami Salad											
Sandwich	Chipotle Chicken			Sandwich	Bacon, Lettuce & Tomato			Sandwich	Chipotle Chicken			Sandwich	Bacon, Lettuce & Tomato											
Dessert	Chocolate Tart w/Berries			Dessert	Bread & Butter Pudding			Dessert	Chocolate Tart w/Berries			Dessert	Bread & Butter Pudding											
Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day											
Wednesday		30 Sept 2020		Wednesday		07 Oct 2020		Wednesday		14 Oct 2020		Wednesday		21 Oct 2020										
Meal A	Cider Braised Pork Belly			Meal A	Roast Pork, Apple Sauce			Meal A	Cider Braised Pork Belly			Meal A	Roast Pork, Apple Sauce											
Meal B	Bacon Maple Chic Wings			Meal B	Butter Chicken			Meal B	Bacon Maple Chic Wings			Meal B	Butter Chicken											
Salad	Egg Salad			Salad	Roast Beef Salad			Salad	Egg Salad			Salad	Roast Beef Salad											
Sandwich	Sticky Sausages, Corn Relish			Sandwich	Roast Beef, Cheese & Pickles			Sandwich	Sticky Sausages, Corn Relish			Sandwich	Roast Beef, Cheese & Pickles											
Dessert	Thai Sticky Rice w/Mango			Dessert	Sticky date Pudding w/Cust			Dessert	Thai Sticky Rice w/Mango			Dessert	Sticky date Pudding w/Cust											
Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day											
Thursday		01 Oct 2020		Thursday		08 Oct 2020		Thursday		15 Oct 2020		Thursday		22 Oct 2020										
Meal A	Roast Chicken & Gravy			Meal A	Corned Beef w/Mustard Sauce			Meal A	Roast Chicken & Gravy			Meal A	Corned Beef w/Mustard Sauce											
Meal B	Vegetable Frittata			Meal B	Vegetable Lasagne			Meal B	Vegetable Frittata			Meal B	Vegetable Lasagne											
Salad	Roast Beef Salad			Salad	Turkey Salad			Salad	Roast Beef Salad			Salad	Turkey Salad											
Sandwich	Cuban Style Pork Sandwich			Sandwich	Tuna, Chive & Mayo			Sandwich	Cuban Style Pork Sandwich			Sandwich	Tuna, Chive & Mayo											
Dessert	Marbled Genoise Sponge			Dessert	Butterscotch Sponge			Dessert	Marbled Genoise Sponge			Dessert	Butterscotch Sponge											
Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day			Soup	Soup of the Day											
Friday		02 Oct 2020		Friday		09 Oct 2020		Friday		16 Oct 2020		Friday		23 Oct 2020										
Meal A	Crumbed Fish w/Tartare			Meal A	Steamed Fish w/Lime Sauce			Meal A	Crumbed Fish w/Tartare			Meal A	Steamed Fish w/Lime Sauce											
Meal B	Chicken Bacon Pumpkin Pasta			Meal B	Meat Pie, Mushy Peas & Gravy			Meal B	Chicken Bacon Pumpkin Pasta			Meal B	Meat Pie, Mushy Peas & Gravy											
Salad	Ham & Pineapple Salad			Salad	Corned Beef Salad			Salad	Ham & Pineapple Salad			Salad	Corned Beef Salad											
Sandwich	Ham, Edam & Tomato Relish			Sandwich	Corned Beef, Tomato, Cheese			Sandwich	Ham, Edam & Tomato Relish			Sandwich	Corned Beef, Tomato, Cheese											
Dessert	Custard Tarts w/Pears			Dessert	Profiteroles w/Choc Sauce			Dessert	Custard Tarts w/Pears			Dessert	Profiteroles w/Choc Sauce											
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									