

FROZEN MENU	Week 1	Week 2	Week 3	WEEK 4
Meals				
BRAISED PORK BELLY				
CHICKEN PARMIGIANA & GRAVY				
CRUMBED FISH WITH TARTARE SAUCE				
CURRIED SAUSAGES				
ROAST CHICKEN & GRAVY				
ROAST LAMB & GRAVY				
SWEET AND STICKY CRISPY BEEF				
VEGETABLE LASAGNA				
SPECIAL MODIFIED MEALS ONLY				
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 soup for the week				
Juice				
Apple Juice				
Orange Juice				
Client Feedback:				



St Stephens Toowoomba Meals On Wheels

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September 2020 Menu

From 31/08/2020 to 27/09/2020

Return order from by 20th August 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
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