

Meals on Wheels Menu - 2024 (Weeks 1 to 4)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Pumpkin	Chicken and Corn	Potato and Leek	Tomato	Pea and Ham	Spring Vegetable	Cauliflower
Mains	Roast Chicken with Gravy	Roast Lamb with Gravy	Honey Mustard Chicken Breast	Roast Chicken with Gravy	Lemon fish fillets	Roast Turkey with Gravy	Curried Sausages
					Grilled Fish		
	Vegetable Lasagne	Chicken Kiev	Pumpkin & spinach pasta	Beef and Vegetable Pie	Herb Meatballs & Cous Cous	Butter Chicken	Tuna Patties
	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad		
	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	
Sweets	Apple & Rhubarb Crumble	Crème Brulee	Sticky Date Pudding	Chocolate Fudge Cake	Lemon Delicious and Custard	Vanilla Bean Panna Cotta	Bread & Butter Pudding
	Fruit Salad & Custard-Diabetic	Peaches & Custard-Diabetic	Pears & Custard - Diabetic	Apricots & Custard-Diabetic	Two Fruit & Custard-Diabetic	Pears & Custard-Diabetic	Peaches & Custard-Diabetic
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Tomato & Vegetable	Pumpkin	Chicken and Corn	Potato and Leek	Tomato	Pea and Ham	Spring Vegetable
Mains	Roast Beef and Gravy	Roast Chicken with Gravy	Roast Lamb with Gravy	Roast Beef with Gravy	Crumbed Veggie Patties	Seasoned Chicken Rolls	Beef Lasagne
					Steamed Fish		
	Pickled Pork with caper sauce	Herb Crusted Fish	Spinach and Ricotta Filo	Lamb Rogan Josh	Grilled Fish	Corned Silverside with mustard sauce	Almond & Herb Fish Fillets
	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Sweet n Sour Pork & Noodles		
	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	
Sweets	Citrus Cheesecake	Apple & Rhubarb Crumble	Crème Brulee	Sticky Date Pudding	Chocolate Fudge Cake	Lemon Delicious and Custard	Vanilla Bean Panna Cotta
	Apricots & Custard-Diabetic	Fruit Salad & Custard-Diabetic	Peaches & Custard-Diabetic	Pears & Custard-Diabetic	Apricots & Custard-Diabetic	Two Fruit & Custard-Diabetic	Pears & Custard-Diabetic
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Cauliflower	Tomato and Vegetable	Pumpkin	Chicken and Corn	Potato and Leek	Tomato	Pea and Ham
Mains	Meatloaf With Plum Sauce	Roast Beef with Gravy	Roast Chicken with Gravy	Roast Lamb with Gravy	Pumpkin and Spinach Pasta	Tuna Pasta Bake	Herb Meatballs (w) cous cous
					Steamed Fish		
	Curried Sausages	Honey Soy Chicken	Herb Crusted Fish	Beef Chow Mein	Grilled Fish	Beef and Veg Pie	Lemon Fish Fillets
	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Honey Mustard Chicken Breast		
	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	
Sweets	Bread and Butter Pudding	Citrus Cheesecake	Apple and Rhubarb Crumble	Crème Brulee	Sticky Date Pudding	Chocolate Fudge Cake	Lemon Delicious & Custard
	Peaches & Custard-Diabetic	Apricots and Custard-Diabetic	Fruit Salad & Custard-Diabetic	Peaches & Custard-Diabetic	Pears and Custard-Diabetic	Apricots & Custard-Diabetic	Two Fruit & Custard-Diabetic
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Spring Vegetable	Cauliflower	Tomato and Vegetable	Pumpkin	Chicken and Corn	Potato and Leek	Tomato
Mains	Beef Lasagne	Roast Pork with Gravy	Beef Tortellini with Mushroom Sauce	Roast Chicken and Gravy	Chicken Kiev	Lamb Rogan Josh	Sweet & Sour Pork with noodles
					Baked Fish / Lemon Seasoning		
	Butter Chicken	Tuna Patties	Pickled Pork with Caper Sauce	Vegetable Lasagne	Steamed Fish	Sun-dried Tomato Mushroom Risotto Balls	Roast Chicken with Gravy
	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Grilled Fish		
	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	
Sweets	Vanilla Bean Panna Cotta	Bread and Butter Pudding	Citrus Cheesecake	Apple and Rhubarb Crumble	Crème Brulee	Sticky Date Pudding	Chocolate Fudge Cake
	Pears and Custard-Diabetic	Peaches & Custard-Diabetic	Apricots & Custard-Diabetic	Fruit Salad & Custard-Diabetic	Peaches & Custard-Diabetic	Pears and Custard-Diabetic	Apricots & Custard-Diabetic

Please circle choices for the 8 weeks (both sides of page)

Meals on Wheels Menu - 2024 (Weeks 5 to 8)

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup	Pea and Ham	Spring Vegetable	Cauliflower	Tomato and Vegetable	Pumpkin	Chicken and Corn	Potato and Leek	
Mains	Seasoned Chicken Rolls	Roast Turkey with Gravy	Roast Pork with Gravy	Roast Beef with Gravy	Roast Chicken with Gravy	Spinach and Ricotta Filo	Roast Beef with Gravy	
	Corned Silverside & mustard Sauce Cold meat and Salad Sandwiches	Beef Lasagne	Tuna Patties	Honey Soy Chicken	Vegetable Lasagne		Roast Lamb with Gravy	Pumpkin & Spinach Pasta
		Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad		
		Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches		Sandwiches
Sweets	Lemon Delicious	Vanilla Bean Panna Cotta	Bread and Butter Pudding	Citrus Cheesecake	Apple & Rhubarb Crumble	Crème Brulee	Sticky Date Pudding	
	Two Fruits & Custard-Diabetic	Pears and Custard-Diabetic	Peaches & Custard-Diabetic	Apricots & Custard-Diabetic	Fruit Salad & Custard-Diabetic	Peaches & Custard-Diabetic	Pears & Custard-Diabetic	
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup	Tomato	Pea and Ham	Spring Vegetable	Cauliflower	Tomato and Vegetable	Pumpkin	Chicken and Corn	
Mains	Beef and Vegetable Pie	Roasted Vegetable Frittata	Roast Turkey with Gravy	Meatloaf with Plum Sauce	Roasted Beef with Gravy	Herb Crusted Fish	Baked Fish with Lemon Seasoning	
	Tuna Pasta Bake Cold meat and Salad Sandwiches	Herb Meatballs with Cous Cous	Butter Chicken	Tuna Patties	Mexican Baked Potato		Roasted Chicken with Gravy	Roast Lamb with Gravy
		Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad		
		Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches		Sandwiches
Sweets	Chocolate Fudge Cake	Lemon Delicious & Custard	Vanilla Bean Panna Cotta	Bread and Butter Pudding	Citrus Cheesecake	Apple and Rhubarb Crumble	Crème Brulee	
	Apricots & Custard-Diabetic	Two Fruits & Custard-Diabetic	Pears and Custard-Diabetic	Peaches & Custard-Diabetic	Apricots & Custard-Diabetic	Fruit Salad & Custard-Diabetic	Peaches & Custard-Diabetic	
Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup	Potato and Leek	Tomato	Pea and Ham	Spring Vegetable	Cauliflower	Tomato and Vegetable	Pumpkin	
Mains	Pumpkin & Spinach Pasta	Roast Chicken with Gravy	Corned Silverside with Mustard Sauce	Beef Lasagne	Curried sausages	Beef Tortellini with Mushroom sauce	Pork Steak with Plum Sauce	
	Roast Beef with Gravy Cold meat and Salad Sandwiches	Beef and Vegetable Pie	Lemon Fish Fillets	Almond & Herb Crusted Fish Fillets	Meatloaf with Plum Sauce		Honey Soy Chicken	Vegetable Lasagne
		Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad		
		Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches		Sandwiches
Sweets	Sticky Date Pudding	Chocolate Fudge Cake	Lemon Delicious	Vanilla Bean Panna Cotta	Bread and Butter Pudding	Citrus Cheesecake	Apple & Rhubarb Crumble	
	Pears & Custard-Diabetic	Apricots & Custard-Diabetic	Two Fruits & Custard-Diabetic	Pears and Custard-Diabetic	Peaches & Custard-Diabetic	Apricots & Custard-Diabetic	Fruit Salad & Custard-Diabetic	
Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup	Chicken and Corn	Potato and Leek	Tomato	Pea and Ham	Spring Vegetable	Cauliflower	Tomato and Vegetable	
Mains	Baked Fish with Lemon Seasoning	Sundried tomato mushroom risotto balls	Roast Chicken with Gravy	Corned silverside with Mustard Sauce	Grilled Vege Burger (w) Tomato Sauce	Roast Pork with Gravy	Mexican Baked Potato	
	Chicken Kiev Cold meat and Salad Sandwiches	Honey Mustard Chicken Breast	Sweet and Sour Pork with Noodles	Herbed Meatballs with Cous Cous	Butter Chicken		Tuna Patties	Honey Soy Chicken
		Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad	Cold meat and Salad		
		Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches		Sandwiches
Sweets	Crème Brulee	Sticky Date Pudding	Chocolate Fudge Cake	Lemon Delicious	Vanilla Bean Panna Cotta	Bread and Butter Pudding	Citrus Cheesecake	
	Peaches & Custard-Diabetic	Pears & Custard-Diabetic	Apricots & Custard-Diabetic	Two Fruits & Custard-Diabetic	Pears and Custard-Diabetic	Peaches & Custard-Diabetic	Apricots & Custard-Diabetic	

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