

NAME:

Please indicate your choice of order type.

<input type="checkbox"/> I wish to place a <b>one off order</b> . Please indicate the quantity desired in the left hand column	<input type="checkbox"/> I wish to create an <b>ongoing meal plan</b> . Indicate your preferred meal selections by placing a ✓ next to your choices and complete the summary on the last page. Your preferences will be used to create a meal plan just for you.
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Menu at  
July 2025

ORDERS	FRESH SALAD MEALS	Dietary information					
✓ QUANTITY	FRESH FOOD AVAILABLE FOR DELIVERY MONDAY & WEDNESDAY NOTE: THESE MUST be pre-ordered by early Friday morning the week before	Low fat	Low salt	High protein	Gluten free	High Fibre	Dairy free
	GARDEN SALAD + egg	lettuce, tom, cheese, cucumber, beetroot, carrot					
	GARDEN SALAD + chicken	lettuce, tom, cheese, cucumber, beetroot, carrot, chick					
	GARDEN SALAD + ham	lettuce, tom, cheese, cucumber, beetroot, carrot, ham					
	GARDEN SALAD + beef	lettuce, tom, cheese, cucumber, beetroot, carrot, beef					
	CAESAR SALAD, egg & bacon	lettuce, egg, bacon, croutons, parmesan cheese					
	FRESH FRUIT SALAD	seasonal fruit e.g. melon, grapes, orange, apple					

✓ QUANTITY	FROZEN LARGE MAIN MEALS							
	<b>BEEF</b>							
	BEEF CASSEROLE	mashed potatoes, baked pumpkin & peas						
	CREAMY RISSOLES	mustard sauce, mash, green beans, broccoli, carrots						
	BEEF POT ROAST	mashed potatoes, carrots & peas						
	BEEF RISSOLES	potato bake, green beans, carrots & corn						
	BEEF STROGANOFF	mashed potatoes, cauliflower, broccoli & carrots						
	CORNED BEEF	white sauce, mashed potatoes & cauliflower						
	COTTAGE PIE	mashed potatoes, topped with cheese						
	ROAST BEEF	mashed potatoes, roasted pumpkin & peas						
	SPAGHETTI BOLOGNAISE	zucchini, eggplant & leek						
	BBQ SAUSAGE	pan fried potatoes, broccoli & baked beans						
	CURRIED SAUSAGES	mild sauce, mashed potatoes, carrots, peas & corn						
	<b>CHICKEN</b>							
	CHICKEN CASSEROLE	roast potatoes & broccoli						
	CHICKEN CURRY	basmati rice, green beans & capsicum						
	CHICKEN & MANGO	roast potatoes & mixed vegetables						
	CHICKEN MUSHROOM	roast potatoes & green beans						
	HONEY SOY CHICKEN	stir fried rice & vegetables						
	ROAST CHICKEN BREAST	cream potatoes, carrots & peas						
	SWEET & SOUR CHICKEN	steamed rice & mixed vegetables						
	<b>LAMB</b>							
	LAMB CASSEROLE	mashed potatoes, broccoli & cauliflower						
	ROAST LAMB	mint gravy, roast potatoes, baked pumpkin & broccoli						
	<b>PORK</b>							
	ROAST PORK	apple gravy, pumpkin mash, cauliflower & broccoli						
	PORK SAUSAGE	onion gravy, mashed potatoes, carrots & peas						
	PORK STEAK DIANE	cream potatoes, cauliflower & cabbage						
	<b>SEAFOOD</b>							
	BARRAMUNDI	lemon butter, basmati rice, broccoli & carrots						
	CURRY PRAWNS	mild curry sauce, a medley of Asian greens & rice						
	CRUMBED FISH & WEDGES	tartare sauce, wedges, carrot, corn & peas						
	GARLIC PRAWNS	rice, broccoli, cauliflower & carrots						
	<b>VEGETARIAN (Veg)/ VEGAN (Vegan)</b>							
	BR RICE VEGI PATTIES (Vegan)	potato/sw potato, tomato sauce & green beans						
	COCONUT DAHL (Vegan)	lentils, coconut milk, rice, spinach & mango chutney						
	MUSHROOM CASSEROLE (Veg)	mashed potatoes, spinach & carrots						
	SPAGHETTI VEGANAISE (Vegan)	leek, zucchini & eggplant						
	VEGGIE PESTO PASTA (Veg)	pesto sauce, vegetables, parmesan & fetta cheese						



**GOURMET MEALS SUPPLIES THESE MEALS FOR MEALS ON WHEELS**  
A full description of ingredients and allergens is available on request.



			Low fat	Low salt	High protein	Gluten free	High Fibre	Dairy free
✓	<b>FROZEN SMALLER MAIN MEALS</b>		Yellow	Blue	Pink	Brown	Green	Red
QUANTITY	<b>BEEF</b>							
	BEEF CASSEROLE	cauliflower, broccoli, green beans & mash				Brown	Green	Red
	BEEF RISSOLES	potato bake, green beans, carrots & corn				Brown	Green	
	BEEF STROGANOFF	basmati rice & vegetables			Pink	Brown	Green	
	CORNED BEEF	white sauce, mashed potatoes, cauliflower & broccoli			Pink	Brown	Green	
	COTTAGE PIE	mashed potatoes, topped with cheese				Brown	Green	
	MINCE POTATO BAKE	kale, zucchini, cauliflower, capsicum, carrots & peas				Brown	Green	
	SLOW COOKED BEEF	mashed potatoes, peas, carrots & gravy	Yellow			Brown	Green	Red
	SPAGHETTI BOLOGNAISE	zucchini, eggplant & leek	Yellow				Green	
	STEAK & KIDNEY	peas, carrots & mashed potato			Pink	Brown	Green	Red
	CURRIED SAUSAGES	mild sauce, mashed potatoes, carrots, peas & corn				Brown	Green	Red
	<b>CHICKEN</b>							
	BUTTER CHICKEN	spiced tomato, butter & cream curry, spinach & rice			Pink	Brown	Green	
	HONEY SOY CHICKEN	on a bed of stir-fried rice			Pink	Brown	Green	Red
	ROAST CHICKEN BREAST	creamed potatoes, carrots, peas & gravy	Yellow		Pink	Brown	Green	
	SWEET & SOUR CHICKEN	steamed rice & mixed veg	Yellow		Pink	Brown	Green	Red
	<b>LAMB</b>							
	LAMB CASSEROLE	mashed potatoes & garden vegetables				Brown	Green	Red
	LAMB ROAST	roast potatoes, pumpkin, mixed veg & mint gravy	Yellow			Brown	Green	Red
	<b>PORK</b>							
	PORK ROAST	apple gravy, pumpkin mash, potatoes & mixed veg	Yellow			Brown	Green	
	<b>SEAFOOD</b>							
	BARRAMUNDI	lemon butter, potatoes, garden vegetables			Pink	Brown	Green	
	CURRY PRAWNS	mild sauce, rice & a medley of Asian greens				Brown	Green	
	GARLIC PRAWNS	creamy rice, broccoli, cauliflower & carrots	Yellow			Brown	Green	
	<b>VEGETARIAN</b>							
	VEGETABLE MORNAY	mixed garden veg baked, creamy cheese sauce				Brown	Green	

			Low fat	Low salt	High protein	Gluten free	High Fibre	Dairy free
✓	<b>FROZEN PUREED MAIN MEALS</b>		Yellow	Blue	Pink	Brown	Green	Red
QUANTITY	<b>BEEF</b>							
	CORNED BEEF	white sauce with mashed potatoes & cauliflower			Pink	Brown	Green	
	COTTAGE PIE	mashed potatoes, topped with cheese				Brown	Green	
	ROAST BEEF	mashed potatoes, roasted pumpkin & peas	Yellow		Pink	Brown	Green	Red
	<b>CHICKEN</b>							
	CHICKEN MUSHROOM	sweet potato mash & green beans	Yellow		Pink	Brown	Green	
	ROAST CHICKEN	pumpkin mash & peas	Yellow		Pink	Brown	Green	
	<b>LAMB</b>							
	LAMB CASSEROLE	cream potatoes, carrots & broccoli			Pink	Brown	Green	Red
	ROAST LAMB	mint gravy, pumpkin mash & broccoli	Yellow		Pink	Brown	Green	Red
	<b>PORK</b>							
	ROAST PORK	apple gravy with pumpkin mash & broccoli	Yellow	Blue	Pink	Brown	Green	
	<b>SEAFOOD</b>							
	BARRAMUNDI	lemon butter, cream potatoes, carrots & peas			Pink	Brown	Green	



			Low fat	Low salt	High protein	Gluten free	High Fibre	Dairy free
✓	<b>FROZEN SOUPS</b>		Yellow	Blue	Pink	Brown	Green	Red
QUANTITY	SOUPS							
	<b>BEEF &amp; VEGETABLE SOUP</b>	beef, beef stock, seasonal vegetables, onion, garlic, seasoning	Yellow			Brown		Red
	<b>CREAMY CHICK &amp; VEG SOUP</b>	chicken, stock, seasonal vegetables, cream, seasoning	Yellow			Brown		
	<b>CHICKEN &amp; CORN SOUP</b>	chicken stock, seasonal vegetables, seasoning				Brown		Red
	<b>CORN &amp; BACON SOUP</b>	bacon, chicken, chicken stock, cream, veg, garlic, seasoning				Brown		
	<b>CHICKEN NOODLE SOUP</b>	chicken, chicken stock, pasta, onion, seasoning	Yellow					Red
	<b>MINISTRONE SOUP</b>	beef stock, seasonal veg, borlotti beans, pasta, garlic, seasoning				Brown		Red
	<b>PEA &amp; HAM SOUP</b>	split peas, ham, seasonal veg, chicken stock, seasoning	Yellow			Brown	Green	Red
	<b>POTATO &amp; LEEK SOUP</b>	potato, leek, onion, celery, chicken stock, cream, seasoning	Yellow			Brown		
	<b>PUMPKIN SOUP</b>	pumpkin, seasonal vegetables, cream, water, seasoning	Yellow	Blue		Brown	Green	
	<b>TOMATO SOUP</b>	tomato, chicken stock, cream, onion, garlic, seasoning				Brown		

			Low fat	Low salt	High protein	Gluten free	High Fibre	Dairy free
✓	<b>FROZEN DESSERTS</b>		Yellow	Blue	Pink	Brown	Green	Red
QUANTITY	DESSERTS							
	<b>APPLE CRUMBLE</b>	stewed apples, golden baked butter crumble		Blue		Brown		
	<b>BERRY CRUMBLE &amp; CUSTARD</b>	mixed berries, golden baked crumble		Blue		Brown		
	<b>BREAD &amp; BUTTER PUDDING</b>	custard and topped with toasted almonds		Blue				
	<b>CHOCOLATE MOUSSE</b>	dollops of cream, suitable for pureed clients		Blue				
	<b>DOUBLE CHOCOLATE PUDDING</b>	a rich luscious chocolate pudding		Blue				
	<b>FRUIT PAVLOVA</b>	mango, kiwi, strawberries & passionfruit coulis		Blue		Brown		
	<b>LEMON CHEESECAKE</b>	cream, cream cheese, GF cookie crumbs, lemon		Blue		Brown		
	<b>LEMON CHEESECAKE MOUSSE</b>	cream, cream cheese, lemon suitable for pureed clients		Blue		Brown		
	<b>RICE PUDDING</b>	infused with vanilla & cinnamon	Yellow	Blue		Brown		
	<b>STICKY DATE PUDDING</b>	with sticky caramel sauce						
	<b>TEA CAKE &amp; CUSTARD</b>	traditional teacake with creamy custard						
	<b>TIRAMISU</b>	chocolate sponge, espresso syrup & orange cheesecake				Brown		

**ORDER SUMMARY**  
(for ongoing meal orders)

Please indicate your requested delivery days and number of each meal item for that day.

- MONDAY      \_\_\_\_\_ MAINS    \_\_\_\_\_ SALADS    \_\_\_\_\_ SOUPS    \_\_\_\_\_ DESSERTS    \_\_\_\_\_ FRUIT SALAD
- WEDNESDAY      \_\_\_\_\_ MAINS    \_\_\_\_\_ SALADS    \_\_\_\_\_ SOUPS    \_\_\_\_\_ DESSERTS    \_\_\_\_\_ FRUIT SALAD
- FRIDAY      \_\_\_\_\_ MAINS    \_\_\_\_\_ SALADS    \_\_\_\_\_ SOUPS    \_\_\_\_\_ DESSERTS

Please indicate how often you wish us to fulfill your order.

- WEEKLY       FORTNIGHTLY       OTHER- Give details please:

Please indicate your payment method.

- Cash/Card on delivery       Monthly invoice

**Meals on Wheels Brisbane South - Centenary 32 MacFarlane St Riverhills 4074**

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**More than just a meal™**

**Administration hours: Monday to Friday 8am - 1pm.**

**Delivery: Monday, Wednesday, Friday mornings.**