

## MAREEBA MEALS ON WHEELS MENU DOUBLE SIDED MENU (all meals available gluten free)

NAME: ..... DO YOU WANT A COPY OF THIS MENU YES / NO

RUN	NO:
11014	140

Monday	QTY	Wednesday	QTY	<u>Friday</u>	QTY	<u>Frozen</u>	QTY
Spaghetti Bol		Curried Sausages		Roast Lamb		mixture of frozen	
Chicken & Asparagus Mornay		Shepherds Pie		Crumbed Fish			
				Sweet & Sour Chicken		WEEK 1	
				Sweet & Sour Chicken		AAEEK I	
Soup of the day		Soup of the day		Soup of the day			
Sandwiches		Sandwiches		Sandwiches			
Sticky Date & Custard		Butterscotch Pudding & Custard		Baked Custard & Custard			
July 2010 a Gustaru		Butterscotch Pudding & Custard		Baked Custard & Custard			
Mousse & Fruit		Jelly/fruitcake/custard	$\underline{}$	Cheesecake & Fruit			
Monday	QTY	Wednesday	QTY	Friday	QTY	Frozen	QTY
Chicken in Plum Sacue		Crumbed Steak		Roast Chicken		mixture of frozen	
				The state of the s		mixture of frozen	
Beef Lasagne		Salmon Pattie		Grilled Fish			
						WEEK 2	
				Beef Stew			
Soup of the day		Soup of the day		Soup of the day			
Soup of the day		Soup of the day		Soup of the day			
Sandwiches		Sandwiches		Sandwiches			
Choc Pudding & Custard		Banana cake custard		Yoghurt & mousse			
				<b>3</b>			
				Emilia Contact			
Baked Rice & Fruit		Mousse & Jelly		Fruit & Custard	$\Box$		
Monday	QTY	Wednesday	QTY	<u>Friday</u>	QTY	Frozen	QTY
Monday  Chicken and Vege Mornay	QTY	Wednesday Crumbed Chicken	QTY	Friday Roast Pork	QTY	Frozen mixture of frozen	QTY
	QTY		QTY		QTY	<u> </u>	QTY
Chicken and Vege Mornay	QTY	Crumbed Chicken	QTY	Roast Pork	QTY	·	QTY
	QTY		QTY		QTY	·	QTY
Chicken and Vege Mornay	QTY	Crumbed Chicken	QTY	Roast Pork Crumbed Fish	QTY	mixture of frozen	QTY
Chicken and Vege Mornay	QTY	Crumbed Chicken	QTY	Roast Pork	QTY	·	QTY
Chicken and Vege Mornay	QTY	Crumbed Chicken  Corn Beef	QTY	Roast Pork  Crumbed Fish  Savoury Mince	QTY	mixture of frozen	QTY
Chicken and Vege Mornay	QTY	Crumbed Chicken	QTY	Roast Pork Crumbed Fish	QTY	mixture of frozen	QTY
Chicken and Vege Mornay Sausage Casserole	QTY	Crumbed Chicken  Corn Beef	QTY	Roast Pork  Crumbed Fish  Savoury Mince	QTY	mixture of frozen	QTY
Chicken and Vege Mornay Sausage Casserole	QTY	Crumbed Chicken  Corn Beef	QTY	Roast Pork  Crumbed Fish  Savoury Mince  Soup of the day	QTY	mixture of frozen	QTY
Chicken and Vege Mornay  Sausage Casserole  Soup of the day	QTY	Crumbed Chicken  Corn Beef  Soup of the day	QTY	Roast Pork  Crumbed Fish  Savoury Mince	QTY	mixture of frozen	QTY
Chicken and Vege Mornay  Sausage Casserole  Soup of the day  Sandwiches	<b>QTY</b>	Crumbed Chicken  Corn Beef  Soup of the day  Sandwiches	QTY	Roast Pork  Crumbed Fish  Savoury Mince  Soup of the day  Sandwiches	QTY	mixture of frozen	QTY
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Chicken and Vege Mornay  Sausage Casserole  Soup of the day  Sandwiches  Muffin & Custard	<b>QTY</b>	Crumbed Chicken  Corn Beef  Soup of the day  Sandwiches	QTY	Roast Pork  Crumbed Fish  Savoury Mince  Soup of the day  Sandwiches  Baked Custard & Custard	QΤΥ	mixture of frozen	QTY
Chicken and Vege Mornay  Sausage Casserole  Soup of the day  Sandwiches	<b>QTY</b>	Crumbed Chicken  Corn Beef  Soup of the day  Sandwiches	QTY	Roast Pork  Crumbed Fish  Savoury Mince  Soup of the day  Sandwiches	QπΥ	mixture of frozen	QTY
Chicken and Vege Mornay  Sausage Casserole  Soup of the day  Sandwiches  Muffin & Custard  Apple Crumble & Custard		Crumbed Chicken  Corn Beef  Soup of the day  Sandwiches  Danish & Custard  Mousse & Fruit		Roast Pork  Crumbed Fish  Savoury Mince  Soup of the day  Sandwiches  Baked Custard & Custard  Jelly/custard/fruit		mixture of frozen  WEEK 3	
Chicken and Vege Mornay  Sausage Casserole  Soup of the day  Sandwiches  Muffin & Custard  Apple Crumble & Custard	QTY	Crumbed Chicken  Corn Beef  Soup of the day  Sandwiches  Danish & Custard  Mousse & Fruit  Wednesday	QTY	Roast Pork  Crumbed Fish  Savoury Mince  Soup of the day  Sandwiches  Baked Custard & Custard  Jelly/custard/fruit	QΤΥ	WEEK 3	QTY
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