

QTY	FROZEN MAIN MEALS	
	Roast Lamb with Mint Sauce, Gravy, Roast Potato / Pumpkin / Carrot & Beans	GF
	Braised Steak & Onion with Mashed Potato & Seasonal Vegetables	GF
	Lamb Shank Ragù with Fettuccine	
	Chicken Mignon with Potato Bake & Seasonal Vegetables	
	Bacon Pumpkin Spinach Feta Frittata	GF
	Braised Sausage & Onion with Mashed Potato & Seasonal Vegetables	GF
	Roast Beef with Roast Potato / Pumpkin / Carrot, Green Beans & Gravy	GF
	Spaghetti Bolognese	
	Baked Barra with Lemon Butter Sauce, Vegetable Bake & Beans	
	Homemade Beef Lasagne	
	Beef Mince Pie with Mushy Peas & Mashed Potato	
	Curried Pork Sausages with Stirfry Vegetables and Rice	
	Pork & Apple Rissoles with Mashed Potato & Seasonal Vegetables	
	Cottage Pie	GF
	Corned Silverside with Cabbage & White Sauce, Mash & Seasonal Vegetables	
	Baked Snapper with Hollandaise Sauce, Vegetable Bake & Beans	
	Beef Rissoles with Mashed potato & Seasonal Vegetables	
	Teriyaki Chicken Drumettes with stirfried rice	GF
	Roast Chicken with Roast Potato / Pumpkin / Carrot, Green Beans & Gravy	GF
	Honey Mustard Chicken with Potato Bake & Seasonal Vegetables	GF
	Chicken Rissoles with Mashed potato & Seasonal Vegetables	
	Mongolian Beef Strips with Egg Noodles & Stirfry Vegetables	
	Apricot Chicken with Rice	GF
	Pork Mince Stir Fry with Noodles & Stirfry Vegetables	
	Beef Korma with Rice	GF
	Chicken Lasagne	
	Pork Loins with Mashed potato, Vegetables & Bread Sauce	
	Fish Cakes with Seasonal Vegetables	
	Chef's Monthly Special Limited Stock Chickpea & Chorizo Stew	
	Xmas Dinner Ham/ Turkey/ Chicken with Baked Vegies	
	TOTAL Number of Main Meals	

SPRING SUMMER MENU
 **Meals on Wheels™**
 Sandgate & District
3269 2073
 Monday to Friday
 7am - 2 pm

QTY	HomeStyle FROZEN Soups			
	Pea & Ham			GF
	Chicken Noodle			GF
	Roast Vegetable			V GF
	Ministrone			
	Potato & Leek			V GF
	Carrot & Coriander			V GF
	Total Number of Soup	BREAD ROLLS REQUIRED	YES	NO
QTY	FROZEN Lunches			
	Stir Fried Rice			V GF
	Mini Sausage Rolls			
	Potato Bake			V GF
	Vegetable Bake			V
	Chicken Wings			
	Chef's Monthly Special Limited Stock Chicken Tenders			
	Turkey & Brie Filo Puff			
	TOTAL Number of Lunches			
QTY	FROZEN Desserts			
	Apple Crumble			
	Lemon Meringue			GF
	Peach & Mango Cheesecake			
	Creamed Rice			GF
	Impossible Pie			
	Chocolate Mousse			GF
	Blueberry Crumble Cake			
	Carrot Cake			NUTS
	Chef's Monthly Special Limited Stock Red Velvet Cake			
	Pavlova Mango, Peach, Pear			
	TOTAL Number of Desserts			

NAME	PICK UP <input type="checkbox"/> FROM CENTRE 149 RAINBOW STREET SANDGATE
DELIVERY DAY AND DATE	
<ul style="list-style-type: none"> * FREE DELIVERY with MINIMUM of 5 Mains * DELIVERY WINDOW between 8am and 11.30am * ORDER CUT OFF TIME 10 AM THE DAY PRIOR 	

QTY	ORDER TOTALS	CHSP*	HOME CARE PACKAGE*	\$
	FROZEN MAIN	\$ 7	\$ 5	
	FROZEN SOUP	\$ 4	\$ 3	
	FROZEN LUNCH	\$ 4	\$ 3	
	FROZEN DESSERT	\$ 3	\$ 2	
	FRESH MAIN SALAD	\$ 7	\$ 5	
	FRESH LUNCH SALADS	\$ 4	\$ 3	
	BREAKFAST PACK	\$ 15	\$ 10	
	LONG LIFE MILK	\$ 2	\$ 2	
ENTERED <input type="checkbox"/> CHECKED <input type="checkbox"/> PACKED <input type="checkbox"/> LOCAL RUN <input type="checkbox"/> OUTER RUN <input type="checkbox"/> VILLAGE RUN <input type="checkbox"/>		*pricing as at 1st Sept 2025 \$		

QTY	FRESH MAIN MEAL SALAD BOWL		
	Ham Salad	Lettuce, Egg, Cucumber, Tomato, Carrot, Beetroot, Cheese, Coleslaw	GF
	Chicken Salad		GF
	Egg Salad		V GF
	Chicken Caesar	Cos Lettuce, Bacon, Croutons, Chicken, Egg, Parmesan, Dressing	
	TOTAL Number of MAIN SALAD		

QTY	FRESH LUNCH SALAD		
	Rainbow Salad		V GF
	Potato, Egg & Bacon Salad		GF
	TOTAL Number of LUNCH SALAD		

QTY	7 DAY BREAKFAST PACK				
	7 X ASSORTED SINGLE SERVE CEREALS, 1 X 1 LITRE LONG LIFE MILK & 1 JAR OF FRUIT				
	\$2 LONG LIFE MILK	FULL CREAM <input type="checkbox"/>	LITE MILK <input type="checkbox"/>	LAC FREE FULL <input type="checkbox"/>	LAC FREE LITE <input type="checkbox"/>