

QTY	FROZEN MAIN MEALS - autumn winter	
	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
	Creamy Chicken Curry with Basmati Rice	
	Meatloaf with mashed potato and Seasonal Vegetables	
	Lamb's Fry and Bacon with mashed potato and peas	
	Traditional Beef Casserole	
	Guinness Lamb Stew with mashed potato and peas	
	Chicken Cacciatore with Polenta Cake and Seasonal Vegetables	
	Pickled Pork with Steamed Cabbage, Seasonal Vegetables & Mustard Sauce	
	Roast Pork with Apple Sauce/Gravy and Roast Potato / Pumpkin / Carrot, Green Beans	
	Chef's Monthly Special	
	Shepherd's Pie - Lamb mince with sweet potato top. - April	
	TOTAL Number of Main Meals	

AUTUMN WINTER MENU



Meals on Wheels™
Sandgate & District

3269 2073

QTY	HomeStyle FROZEN Soups	
	Pea & Ham	GF
	Pumpkin	
	Roast Vegetable	V GF
	Tomato & Basil	V
	Potato & Leek	V GF
	Creamy Chicken	
	Beef & Barley	
	BREAD ROLLS REQUIRED <input type="checkbox"/> YES <input type="checkbox"/> NO	
	Total Number of Soups	
QTY	FROZEN Lunches	
	Stir Fried Rice	V GF
	Mini Sausage Rolls	
	Potato Bake	V GF
	Vegetable Bake	V
	Chicken Wings	
	Chef's Monthly Special	
	Fish Bites - April	
	Total Number of Lunches	
QTY	FROZEN Desserts	
	Apple Crumble	
	Caramel Tart	
	Self Saucing Butterscotch Pudding	
	Chocolate Mousse	GF
	Blueberry Crumble Cake	
	Carrot Cake	NUTS
	Chef's Monthly Special	
	Berry Cheesecake - May	
	Total Number of Desserts	

NAME				PICK UP <input type="checkbox"/> FROM CENTRE 149 RAINBOW STREET SANDGATE	
DELIVERY DAY AND DATE					
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"/>		*pricing as at 1st Sept 2025 \$			
LOCAL <input type="checkbox"/> OUTER <input type="checkbox"/> VILLAGE <input type="checkbox"/>					
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"/>