

Meals on Wheels Menu

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Soup	Broccoli Soup	Pea & Ham Soup	Tomato Soup	Creamy Pumpkin Soup	Cauliflower & Bacon Soup
	Main-Cold	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad
	Main-Hot	Beef & Mushroom Stew Sliced Potato	Lemon Chicken, Pumpkin Risotto	Crumbed fish, with Hash Brown	Savory Mince, Potato Bake with cheese	Honey Soy Chicken & Rice
	Vegetables	Diced Vegetables	Broccoli & Beans	Mushy Peas & Corn	Capsicum, Corn Carrot	Asian Vegetables
	Dessert	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	Soup	Lentil Soup	Sweet Potato Soup	Mushroom Soup	Leak & Potato Soup	Chicken & Vege Soup
	Main-Cold	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad
	Main-Hot	Roast Chicken, Pasta with Tomato Base	Pork Mince Stir fry & Rice	Lamb Stew, Herb Dumpling	Spaghetti Bolognese	Pickled Pork
	Vegetables	Carrot Beans & Peas	Broccoli & Cauliflower	Carrot & Peas	Zucchini, carrot, Capsicum & Beans	Mash Pumpkin, Cabbage & Beans
	Dessert	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	Soup	Carrot Soup	Lentil Soup?	Pumpkin Coconut Soup	Beef & Vegetable Soup	Asparagus Soup
	Main-Cold	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad
	Main-Hot	Baked Barra	Asian Braised Pork & Rice	Roast Lamb & Roast Potato	Chicken & Leek Puff Pie	Massaman Beef Curry Rice
	Vegetables	Potato Bake & Beans	Asian Vegetables	Roast Carrot, Peas Broccoli	Diced Vegetables	Zucchini, Mushroom & Carrot
	Dessert	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad

Week 1 Starts – Monday 8/6/2026 Monday 20/7/2026

Week 2 Starts – Monday 15/6/2026 Monday 27/7/2026

Week 3 Starts – Monday 22/6//2026 Monday 31/7/2026

Any preferences for
no rice or pasta will be
substituted with
potato

PLEASE KEEP THIS MENU
ALL Main Meals will be the 'Hot Main Meal' unless advised by you.
ALL Desserts will be regular 'Desserts' unless advised by you.
Please read entire menu and call 4939 2477 with any changes you
require. Any changes made will remain in effect until changed by you.

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 4	Soup	Mushroom Soup	Pasta & Bacon Soup	Beef Tomato Soup	Carrot Soup	Creamed Corn Soup
	Main-Cold	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad
	Main-Hot	Chicken & Vegetable Pasta Bake	Cottage Pie	Pumpkin Slice	Green Thai Chicken Curry & Rice	Hungarian Goulash Pasta
	Vegetables	Broccoli & Cauliflower	Diced Vegetables	Roast Sweet Potato, Carrot & Beetroot	Asian Vegetables	Capsicum Broccoli & Zucchini
	Dessert	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 5	Soup	Sweet Potato Soup	Pumpkin Soup	Chicken Vege Soup	Beef & Vegetable Soup	Broccoli Soup
	Main-Cold	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad
	Main-Hot	Asian Baked Pork & Rice	Corned Beef Parsley Sauce	Chicken Parmi & Mash Potato	Fish & Vegetable Pie	Chicken Mushroom with Rice
	Vegetables	Asian Vegetables	Steamed Potato, carrot & Beans	Cauli Broccoli & Carrot	Peas Corn & Capsicum	Cabbage Beans Carrot & Celery
	Dessert	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 6	Soup	Chicken & Vegele Soup	Mushroom Soup	Cream Chicken Soup	Leek & Potato Soup	Lamb & Lentil Soup
	Main-Cold	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad
	Main-Hot	Beef Sausages Potato Mash	Roast Chicken Cutlet Mushroom Risotto	Braised Beef Roast Potato & Onion	Vegetable Slice Roast Pumpkin, Beetroot	Lamb stew Tomato base & Gnocchi
	Vegetables	Peas Beans & Carrot	Broccoli Carrot Zucci	Roast beetroot & Peas	Roasted sweet potato	Cauli, Carrot & Capsicum
	Dessert	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad	Dessert / Fruit Salad

Week 4 Starts – Monday 29/6/2026 Monday 3/8/2026

Week 5 Starts – Monday 6/7/2026 Monday 10/8/2026

Week 6 Starts – Monday 13/7/2026 Monday 17/8/2026

Any preferences for no rice or pasta will be substituted with potato.

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Please read entire menu and call 4939 2477 with any changes you require. Any changes made will remain in effect until changed by you.