

Gympie Meals on Wheels:



Winter Menu 2026

Commencing Wednesday, 6 May 2026 (Week 4)

Essential Ordering Information

- **Advance Orders:** Meals listed in **bold** and all salads must be ordered the day before delivery.
- **Frozen Meals:** Can be ordered until **9:00 AM** on the day of delivery.
- **Weekly Specials:** Fresh scones are available on **Wednesdays only**.
- **Muffins:** Fresh muffins are no longer available; however, frozen muffins may be ordered.

Week 1

Monday	Wednesday	Friday
Main: Chicken Schnitzel & Gravy	Main: Grilled Fish (Barramundi) w/ Lemon Herb Butter	Main: Beef Casserole
Soup: Tomato & Lentil	Soup: Mushroom & Bacon	Soup: Pumpkin & Bean
Dessert: Creme caramel & Dollop Cream	Dessert: Strawberry Cheesecake	Dessert: Passionfruit Sponge & Cream

Week 2

Monday	Wednesday	Friday
Main: Salmon & Hollandaise Sauce	Main: Chicken Rissoles & Mushroom Gravy	Main: Lamb Roast & Rosemary Gravy
Soup: Beef & Vegetable	Soup: Chicken Curry & Noodle	Soup: Pumpkin & Coconut
Dessert: Apple Crumble & Custard	Dessert: Hummingbird Cake	Dessert: Chocolate Cake w/ Raspberry Jam & Cream

Week 3

Monday	Wednesday	Friday
Main: Savoury Mince	Main: Honey & Chilli Soy Chicken & Fried Rice	Main: Pork Roast w/ Plum Sauce & Gravy
Soup: Pea & Ham	Soup: Lamb & Vegetable	Soup: Beef & Barley
Dessert: Lamington & Cream	Dessert: Lemon Basque Cheesecake & Cream	Dessert: Carrot Cake w/ Cream Cheese & Walnuts

Week 4

Monday	Wednesday	Friday
Main: Tuscan Meatballs	Main: Shepherd's Pie w/ Sweet Potato Top	Main: Chicken Lasagna
Soup: Chicken & Vegetable	Soup: Mushroom & Bacon	Soup: Beef & Vegetable
Dessert: Crepes w/ Blueberry Compote & Cream	Dessert: Sticky Date Pudding w/ Caramel & Cream	Dessert: Cherry, Coconut & Choc Syrup Cheesecake

Week 5

Monday	Wednesday	Friday
Main: Crumbed Fish & Tartare Sauce	Main: Pork Sausages w/ Apple Relish & Gravy	Main: Chicken Apricot & Potato Bake
Soup: Tomato & Lentil	Soup: Pumpkin & Coconut	Soup: Lamb & Vegetable
Dessert: Jam & Custard Donut	Dessert: Vanilla Slice	Dessert: Tiramisu

Week 6

Monday	Wednesday	Friday
Main: Bacon & Vegetable Frittata	Main: Spaghetti Bolognese	Main: Honey Mustard Chicken Casserole
Soup: Pumpkin & Bean	Soup: Chicken & Vegetable	Soup: Pea & Ham
Dessert: Lemon & Coconut Slice w/ Cream	Dessert: Orange & Almond Cake w/ Cream	Dessert: Gingerbread Slice w/ Pears & Custard

Week 7

Monday	Wednesday	Friday
Main: Garlic Prawns & Rice	Main: Roast Chicken w/ Herb Garlic Gravy	Main: Ham, Spinach & Cheese Quiche
Soup: Chicken Coconut Curry & Noodle	Soup: Beef & Barley	Soup: Pumpkin & Coconut
Dessert: Prunes or Apples w/ Custard	Dessert: Pannacotta w/ Mango Coulis & Cream	Dessert: Choc Mint Cheesecake

