

NAME:

Please indicate your preferred meal selections by placing a tick next to the item. Then on the last page complete the summary with qty's & delivery day/s. We will rotate your choices over a 4 week period.			High protein	Gluten free	High Fibre	Dairy free
✓	FROZEN MAIN MEALS (350-380g) \$9.20					
	BEEF					
	1. BBQ SAUSAGES & GRAVY	pan fried potatoes, broccoli & baked beans	●	●	●	●
	2. BEEF BRISKET	smokey BBQ sauce, served with broccoli, macaroni & cheese	●		●	
	3. BEEF POT ROAST & GRAVY	mashed potatoes, carrots & peas	●	●	●	●
	4. BEEF RISsoles & GRAVY	potato bake, green beans, carrots, corn	●	●	●	
	5. BEEF STROGANOFF	mashed potatoes, cauliflower, broccoli & carrots	●	●	●	
	6. CORNED BEEF & WHITE SAUCE	mashed potatoes, cauliflower, broccoli and carrots	●	●	●	
	7. COTTAGE PIE	mashed potatoes, topped with cheese	●	●	●	
	8. CREAMY RISsoles	mashed potatoes, green beans, broccoli, carrots	●	●	●	
	9. CURRIED SAUSAGES	mild sauce, mashed potatoes, carrots, peas & corn		●	●	●
	10. MACARONI & MINCE	in a creamy cheese sauce topped with cheese	●			
	11. MEXICAN BEEF & BEAN	with corn in a rich tomato salsa, served with basmati rice	●	●		
	12. ROAST BEEF & GRAVY	mashed potatoes, roasted pumpkin & peas	●	●	●	●
	13. SPAGHETTI BOLOGNAISE	zucchini, eggplant, leek & carrots	●		●	
	14. SPAGHETTI MEATBALLS	rich tomato sauce topped with cheddar and parmesan cheese	●		●	
	CHICKEN					
	15. BBQ CHICKEN THIGH PIECES	B.B.Q. sauce, roast potato, sweet potato, and greens	●	●	●	
	16. BUTTER CHICKEN	spiced tomato, butter & cream sauce, with spinach & rice	●	●	●	
	17. CHICKEN CARBONARA	thick creamy white sauce with pasta, chicken & bacon	●			
	18. CHICKEN CASSEROLE	roast potatoes, pumpkin and broccoli	●	●	●	●
	19. CHICKEN CURRY	basmati rice, green beans, broccoli and capsicum	●	●	●	
	20. CHICKEN BREAST MANGO	roast potatoes, roast pumpkin, carrots and green beans	●	●	●	
	21. CHICKEN MUSHROOM	roast potatoes & green beans	●	●	●	
	22. CHICKEN PARMIGIANA	roast potatoes, cauliflower, broccoli & carrots	●		●	
	23. HONEY SOY CHICKEN	stir fried rice & vegetables	●	●	●	●
	24. ROAST CHICKEN & GRAVY	creamed potatoes, carrots & peas	●	●	●	
	25. SWEET & SOUR CHICKEN	steamed rice & mixed vegetables	●	●	●	●
	LAMB					
	26. LAMB KEEMA CURRY	mild lamb tomato curry served with rice and vegetables	●	●	●	●
	27. MEDITERRANEAN LAMBBAKE	egg plant, zucchini, potato and bechamel sauce	●	●	●	
	28. ROAST LAMB & MINT GRAVY	roast potatoes, baked pumpkin, broccoli & cauliflower	●	●	●	●
	PORK					
	29. ROAST PORK & GRAVY	with apple sauce, pumpkin mash, cauliflower & broccoli	●	●	●	
	30. PORK SAUSAGE	onion gravy, mashed potatoes, carrots & peas		●	●	●
	31. PORK STEAK DIANE	cream potatoes, cauliflower & cabbage	●	●	●	
	SEAFOOD					
	32. BARRAMUNDI	lemon butter, basmati rice, broccoli, carrots & cauliflower	●	●		
	33. CURRY PRAWNS	mild curry sauce, a medley of Asian greens & rice	●	●	●	
	34. GARLIC PRAWNS	in a creamy sauce with rice, broccoli, cauliflower and carrots	●	●		
	35. PRAWN & CHORIZO PASTA	creamy tomato sauce, with vegetables and parmesan cheese	●			
	36. WHITING & WEDGES	tartare sauce, wedges, carrot, corn & peas	●		●	
	VEGETARIAN					
	37. BROWN RICE VEG PATTIES	potato/sweet potato stack with green beans		●	●	●
	38. COCONUT DAHL	red lentils, rice, spinach & mango chutney	●	●	●	●
	39. CREAMY PESTO PASTA	creamy pesto sauce, with vegetable & fetta cheese	●		●	
	40. MUSHROOM CASSEROLE	with mashed potato and spinach		●	●	
	41. SPAGHETTI VEGANAISE	leek, zucchini, eggplant, capsicum, tomato, onion & carrots	●		●	●
	42. SPINACH RICOTTA TORTELLINI	creamy roasted pumpkin sauce with vegetables & cheese			●	



			High protein	Gluten free	High Fibre	Dairy free
✓	FROZEN MINI MEALS (285-315g) \$5.20					
	BEEF					
	A. BEEF RISsoles	potato bake, green beans, carrots & corn		●	●	
	B. BEEF STROGANOFF	basmati rice & vegetables	●	●		
	C. CORNED BEEF & WHITE SAUCE	mashed potatoes, cauliflower & broccoli	●	●	●	
	D. COTTAGE PIE	mashed potatoes, topped with cheese	●	●	●	
	E. MINCE POTATO BAKE	kale, zucchini, cauliflower, capsicum, carrots & peas	●	●	●	
	F. SLOW COOKED BEEF	mashed potatoes, peas and carrots	●	●	●	●
	G. SPAGHETTI BOLOGNAISE	zucchini, eggplant & leek	●		●	
	CHICKEN					
	H. BUTTER CHICKEN	spiced tomato, butter & cream curry, spinach & rice	●	●		
	I. CHICKEN CARBONARA	thick creamy white sauce with pasta, chicken & bacon	●			
	J. HONEY SOY CHICKEN	on a bed of tasty stir-fried rice	●	●		●
	K. KOREAN CHICKEN	chicken mince in sweet soy sesame sauce with rice & veg	●	●		●
	L. ROAST CHICKEN BREAST	creamed potatoes, carrots, peas & gravy	●	●	●	
	M. SWEET & SOUR CHICKEN	steamed rice & mixed veg	●	●		●
	LAMB					
	N. LAMB MOUSSAKA	lamb mince, eggplant, zucchini, potato with bechamel sauce	●	●		
	O. LAMB ROAST	mint gravy, mashed potatoes & mixed vegetables	●	●	●	●
	PORK					
	P. PORK ROAST	apple gravy, pumpkin mash, potatoes & mixed veg	●	●	●	
	SEAFOOD					
	Q. BARRAMUNDI	lemon butter, potatoes, garden vegetables & potatoes	●	●		
	R. CURRY PRAWNS	mild sauce, rice & a medley of Asian greens		●		
	S. GARLIC PRAWNS	in a creamy sauce with rice, broccoli, cauliflower and carrots		●	●	
	VEGETARIAN					
	T. VEGETABLE MORNAY	mixed garden vegetables in a creamy cheese sauce		●	●	
✓	FROZEN PUREED MAIN MEALS (350g) \$9.20		High protein	Gluten free	High Fibre	Dairy free
	BEEF					
	P01. CORNED BEEF	white sauce with mashed potatoes & cauliflower		●	●	
	P02. COTTAGE PIE	mashed potatoes, topped with cheese		●	●	
	P03. ROAST BEEF	cream potatoes, pumpkin and peas		●	●	●
	CHICKEN					
	P04. CHICKEN MUSHROOM	sweet potato mash & green beans	●	●	●	
	P05. ROAST CHICKEN	mash, pumpkin and peas		●	●	
	LAMB					
	P06. LAMB CASSEROLE	potatoes, carrots & broccoli	●	●	●	●
	P07. ROAST LAMB	mint gravy, pumpkin mash and broccoli		●	●	●
	PORK					
	P08. ROAST PORK	apple gravy, pumpkin, potato and broccoli	●	●	●	
	SEAFOOD					
	P09. BARRAMUNDI	lemon butter, cream potatoes, carrots & peas			●	

		High protein	Gluten free	High Fibre	Dairy free
✓	FROZEN SOUPS (200g) \$1.70				
	SOUPS				
	S01. BEEF & VEGETABLE		●		●
	S02. CHICKEN & CORN		●		●
	S03. CHICKEN NOODLE				●
	S04. CORN & BACON		●		
	S05. CREAMY CHICKEN & VEG		●		
	S06. CREAMY TOMATO	●	●		
	S07. MINESTRONE				●
	S08. PEA & HAM	●	●	●	●
	S09. POTATO & LEEK	●	●		
	S10. PUMPKIN	●	●	●	
✓	FROZEN DESSERTS (170-200g) \$2.70				
	DESSERTS				
	D01. APPLE CRUMBLE <i>contains treenuts</i>		●		
	D02. BERRY CRUMBLE & CUSTARD <i>contains treenuts</i>		●		
	D03. BREAD & BUTTER PUDDING <i>contains treenuts</i>	●			
	D04. CHOCOLATE MOUSSE <i>suitable for Puree diet</i>				
	D05. DBL CHOCOLATE PUDDING <i>contains treenuts</i>	●			
	D06. FRUIT PAVLOVA		●		
	D07. LEMON CHEESECAKE	●	●		
	D08. LEMON CHEESECAKE MOUSSE <i>suitable for Puree diet</i>	●	●		
	D09. RICE PUDDING	●	●		
	D10. STICKY DATE PUDDING <i>contains treenuts</i>	●			
	D11. VANILLA TEACAKE & CUSTARD <i>contains treenuts</i>	●			
	D12. TIRAMISU	●	●		

Order Summary

Please indicate your requested delivery day/s and number of each meal item for that day

	MONDAY	_____ MAINS	_____ MINIS	_____ SOUPS	_____ DESSERTS
	TUESDAY	_____ MAINS	_____ MINIS	_____ SOUPS	_____ DESSERTS
	WEDNESDAY	_____ MAINS	_____ MINIS	_____ SOUPS	_____ DESSERTS
	THURSDAY	_____ MAINS	_____ MINIS	_____ SOUPS	_____ DESSERTS
	FRIDAY	_____ MAINS	_____ MINIS	_____ SOUPS	_____ DESSERTS

Preferred Payment Method

EFTPOS during delivery run- tap or insert using square facilities with volunteers	Payment on Delivery
Cash on delivery run- please place cash in an envelope with name & amount on front	
EFTPOS via calling the office between 8:30-1:30pm	Monthly Invoice
Bank Transfer- Meals on Wheels Brisbane South BSB: 124-025 ACT: 2324 1841	