

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 Ragu 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	GF
	Meatloaf with mashed potato and Seasonal Vegetables	
	Lambs Fry and Bacon with mashed potato and peas	
	Traditional Beef Casserole	
	Guinness Lamb Stew	
	Chicken Cacciatore with Polenta Cake and Seasonal Vegetables	GF
	Pickled Pork with Cabbage, Seasonal Vegetables & Mustard Sauce	GF
	Roast Pork with Apple Sauce/Gravy and Roast Potato / Pumpkin / Carrot, Green Beans	GF
Chef's Monthly Special		
	Brisket & Cheesey Potato Pie - September	
	TOTAL Number of Main Meals	

AUTUMN WINTER MENU



Meals on Wheels™
Sandgate & District

3269 2073

QTY	HomeStyle FROZEN Soups	
	Pea & Ham	GF
	Pumpkin	V GF
	Roast Vegetable	V GF
	Tomato & Basil	V GF
	Potato & Leek	V GF
	Creamy Chicken	
	Beef & Barley	
BREAD ROLLS REQUIRED ☐ YES ☐ 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 - September	
	Total Number of Lunches	
QTY	FROZEN Desserts	
	Apple Crumble	
	Caramel Tart	
	Sticky Date Pudding	
	Chocolate Mousse	GF
	Blueberry Crumble Cake	
	Carrot Cake	NUTS
	Lumberjack Cake - August	Chef's Monthly Special
	Creamed Rice - September	
	Total Number of Desserts	

NAME				PICK UP ☐ 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*	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 ☐ CHECKED ☐ PACKED ☐ LOCAL ☐ OUTER ☐ VILLAGE ☐		*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 ☐	LITE MILK ☐	LAC FREE FULL ☐	LAC FREE LITE ☐				