

Sandgate & District Meals on Wheels Inc




Autumn/Winter 2024

Meals Made Easy

These Homestyle meals are cooked onsite by our Chef with the assistance of our dedicated team of Volunteers. Please discard any unwanted vegetables.

GF	GLUTEN FREE
DF	DAIRY FREE
Nuts	Contains Nuts
V	VEGETARIAN

SERVED WITH:	Traditional Favourite Mains	QTY
Roast Potato / Pumpkin / Sweet Potato/Carrot and Green Beans and Gravy	and mint sauce Roast Lamb GF	
	with apple sauce Roast Pork GF	
	Roast Chicken GF	
Vegetable Bake	Grilled Salmon with Leek Cream GF	
	Grilled Snapper & Hollandaise Sauce GF	
Mushy Peas & Mash	Beef & Vegetable Pie	
Potato Bake & Seasonal Vegetables	Chicken Mignon GF	
	Grilled Honey Mustard Chicken	
Mashed Potato & Seasonal Vegetables	Beef Rissoles	
	Braised Sausage & Onion	
	Braised Steak & Onion	
	Pork & Apple Rissoles MS	
Rice & Seasonal Veg	Curried Pork Sausages	
Mash, Veges, Cabbage & White Sauce	Corned Silverside GF	
Fried Rice	Teriyaki Chicken Drumsticks	
	Sweet & Sour Pork DF	
	Bacon Pumpkin Spinach Feta Frittata	
	Cottage Pie GF	
	Spaghetti Bolognese	
	Lamb Shank Ragù with Fettuccine DF	
	Home made Beef Lasagne	
A U T U M N / W I N T E R	Baked Beans & Tomato Bacon & Egg Pie	
	Roast Potato / Pumpkin / Sweet Potato/ Carrot and Green Beans and Gravy Roast Beef	
	Mashed Potato & Peas Lamb's Fry & Bacon	
	Noodles & Vegetables Tender Beef Stir Fry	
	Mashed Potato & Seasonal Vegetables Meatloaf	
	Rice (mild) Creamy Chicken Curry	
	Chicken Meatballs & Pasta Chicken Paprikash	
Seasonal Vegetables Salmon Cakes		
Chorizo & Potato Spanish Omelette CHEF'S Monthly Special		
Total Number of Meals		
 <p>FRESH SALAD BOWL QTY</p> <p>SALADS MUST BE ORDERED IN ADVANCE AS THEY ARE MADE TO ORDER ON THE DELIVERY DAY.</p>	Ham Salad Bowl	
	Chicken Salad Bowl	
	Tuna Salad Bowl	
	Egg Salad Bowl v	
	TOTAL Number of Salads	
7 DAY BREAKFAST PACK	INCLUDES: 7 Assorted Single Serve Cereals 1 x Litre Milk & 1 x Jar Fruit	QTY

FROZEN Lunches	QTY
Potato Bake	v
Quiche Lorraine	
Homemade Sausage Rolls	
Vegetable Bake	v
Crumbed Chicken Fingers	
Stir Fried Rice	v
Chicken Wings	
Tuna Pasta Bake	
Southern Chicken Tenders with CousCous	CHEF'S Monthly Special
Mini Salads are made to order and MUST be order the day before	
Rainbow Salad	v
Asian Chicken Noodle Salad	
Potato & Egg Bacon Salad	
Total Number of Lunches	

FROZEN Desserts	QTY
Pear/Rhubarb Strudel & Custard	v
Apple Pie Crumble	v
Self Saucing Butterscotch Pudding	v
Spiced Bread & Butter Pudding	v
Chocolate Cheesecake	v
Lemon Slice	v
Chocolate Mousse	v GF
Carrot Cake	v nuts
Creamed Rice	v
Black Forest Pavlova	v
Sticky Date Trifle	v
CARAMILK EASTER SLICE	CHEF'S Monthly Special
Total Number of Desserts	

HomeStyle FROZEN Soups with bread roll	QTY
Minestrone	
Beef & Vegetable	GF DF
Chicken Noodle	DF
Cream of Chicken	
Roasted Vegetable	v DF
Pumpkin	v GF
Tortellini & Beef Broth	
Pea & Ham	GF DF
Total Number of Soups	

COMPLIMENTARY MILK /JUICE PLEASE TICK PREFERENCE

	MILK	LITE MILK	JUICE	Client Prices		\$
				CHSP	HOME CARE PACKAGE	
MAINS / SALADS				\$6	\$ 3.45	
BREAKFAST PACK				\$10	\$ 3.00	
LUNCHES / SALADS				\$3	\$ 1.20	
DESSERTS				\$2	\$ 0.60	
SOUPS				\$1	\$ 0.30	
TOTAL \$						

NAME: _____

DELIVERY DAY AND DATE _____

Pick Up this order from centre

DELIVERY

3269 2073

Office Hours Mon to Fri 7am and 2pm

ENTERED CHECKED PACKED

* MINIMUM OF 5 MAINS
* ORDERS MUST BE PLACED BY 10AM THE DAY PRIOR
* DELIVERY WINDOW BETWEEN 8 AM AND 12.30 PM
* YOU MUST BE HOME FOR DELIVERY