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Website:

Broadbeachmealsonwheels.org.au



Meals on Wheels
Broadbeach

Please indicate day of delivery with (M, W, F) and quantity with the number required (e.g M 2 = 2 meals Monday)

Name:		Date:		Delivery:	
<u>FROZEN MEALS</u>	QTY	<u>FROZEN MEALS</u>	QTY	<u>FROZEN MEALS</u>	QTY
F510: CURRY PRAWNS in mild curry sauce, with a medley of Asian greens and rice (GF)		F519: CORNED BEEF in a white sauce with mashed potatoes & cauliflower (GF)		F529: ROAST CHICKEN BREAST with cream potatoes, carrots & peas (GF)	
F513: LAMB ROAST and mint gravy, roast potatoes, baked pumpkin & broccoli (GF)		F520: SWEET & SOUR CHICKEN with steamed rice & mixed vegetables (GF)		F530: LAMB CASSEROLE with mashed potatoes, broccoli & cauliflower (GF)	
F514: CHICKEN MUSHROOM with roast potatoes & green beans (GF)		F522: CURRIED SAUSAGES with mashed potatoes, carrots, peas and corn (GF)		F531: CHICKEN CASSEROLE with roast potatoes & broccoli (GF)	
F515: PORK SAUSAGE with onion gravy mashed potatoes, carrots & peas (GF)		F523: PORK ROAST in an apple gravy with pumpkin mash, cauliflower & broccoli (GF)		F533: PORK STEAK DIANE with cream potatoes, cauliflower & cabbage (GF)	
F516: ROAST BEEF with mashed potatoes, roasted pumpkin & peas (GF)		F525: CHICKEN CURRY with basmati rice, green beans & capsicum (GF)		F535: HONEY SOY CHICKEN with stir fried rice and vegetables (GF)	
F517: BARRAMUNDI LEMON BUTTER with basmati rice, broccoli & carrots (GF)		F526: COTTAGE PIE with mashed potatoes topped with cheese (GF)		F536: BEEF RISSOLES with potato bake, green beans, carrots & corn (GF)	
F518: SPAGHETTI BOLOGNAISE with zucchini, eggplant & leek		F528: BBQ SAUSAGE with pan fried potatoes, broccoli & baked beans		F539: BEEF POT ROAST with mashed potatoes, carrots & peas (GF)	
					OMELETTE Ham & Cheese
					<u>BREAKFAST</u>

<u>PUREED</u>		<u>DESSERT</u>		<u>SOUP</u>		<u>VEGETARIAN</u>	
	QTY		QTY		QTY		QTY
F560: LAMB ROAST (GF)		D850: BREAD & BUTTER PUDDING		S980: CREAMY CHICKEN & VEGESOUP(GF)		S81: BROWN RICE VEGETABLE PATTIES with potato grain, beans, carrots & corn (GF)	
F561: CHICKEN MUSHROOM(GF)		D851: STICKY DATE PUDDING		S981: PUMPKIN SOUP (GF)		S85: MUSHROOM CASSEROLE creamy mushrooms with mashed potatoes & spinach (GF)	
F562: ROAST BEEF (GF)		D852: FRUIT PAVLOVA (GF)		S983: PEA & HAM SOUP (GF)		S86: SPAGHETTI VEGANAISE with a vegan version of bolognaise sauce	
F563: CORNED BEEF (GF)		D853: DOUBLE CHOCOLATE PUDDING		S984: MINESTRONE SOUP		S87: COCONUT DAHL with red lentil, basmati rice, spinach and mango chutney (GF)	
F564: ROAST CHICKEN BREAST (GF)		D854: LEMON CHEESECAKE (GF)		S985: CHICKEN & CORN SOUP (GF)		S88: VEGETARIAN PARMI with potatoes, carrots, cauliflower and broccoli	
F565: LAMB CASSEROLE (GF)		D855: TIRAMISU (GF)		S986: CHICKEN NOODLE SOUP		S89: CREAMY MEATBALLS with mash, beans, broccoli and carrots	
F566: COTTAGE PIE (GF)		D856: BERRY CRUMBLE WITH CUSTARD		S987: CREAMY TOMATO SOUP (GF)		<u>JUICE</u>	QTY
F567: PORK ROAST (GF)		D857: VANILLA TEA CAKE AND CUSTARD		S988: BEEF & VEGETABLE BROTH (GF)		ORANGE	
F568: BARRAMUNDI LEMON BUTTER (GF)		D858: RICE PUDDING (GF)		S989: CORN & BACON CHOWDER (GF)		APPLE	
		D859: CHOCOLATE MOUSSE		S990: POTATO & LEEK SOUP (GF)			
		D862: APPLE CRUMBLE (GF)					

GF: Gluten free