

## HOW TO ORDER YOUR FROZEN MEAL

To order our **FROZEN MEALS**, please enter the number next to the meal **on the menu**.

**Example:**

Frozen Meal No ...**3**..

Sometimes the frozen meal chosen is not available. If so, it will be substituted

## FROZEN MEALS

1. Roast Pork & Gravy GF/DF
2. Roast Beef & Gravy GF/DF
3. Roast Chicken & Gravy GF/DF
4. Beef Goulash GF/DF
5. Chicken Korma GF
6. Irish Lamb Stew GF/DF
7. Savoury Mince GF/DF
8. Meatloaf & Onion Gravy
9. Braised Steak & Onions GF/DF
10. Apricot Chicken GF/DF
11. Silverside with Onion & Parsley Sauce
12. Sweet & Sour Fish GF/DF
13. Pasta Carbonara
14. Bacon & Cheese Quiche GF
15. Vegetarian Mains
16. Spaghetti Bolognese
17. Lamb Koftas
19. Fish & Vegetable Pie GF/DF
20. Beef Lasagna

GF = GLUTEN FREE      DF = DAIRY

Cairns Meals on Wheels  
Barlow Park  
Cnr Scott & Severin Sts.  
CAIRNS

Ph: 40 511 300

Fax: 40 511 522

Email:

office@cairnsmelsonwheels.org.au

OFFICE HOURS

8.00am-4.00pm

Monday-Friday

IF YOU HAVE ANY  
PROBLEMS WITH THE  
MENU OR WHAT FOOD  
CHOICES ARE ON OFFER,  
PLEASE CONTACT THE  
OFFICE ON 40 511 300 AND  
CHAT TO ONE OF OUR  
STAFF



Name:

Run:

# MENU

**For fortnight:**

**Monday 2nd December 2024**

**to**

**Friday 13th December 2024**

**Weeks 1 & 2**

**PLEASE RETURN BY**

**FRIDAY**

**15th November 2024**

**REMEMBER IF YOU DO NOT  
RETURN YOUR MENU YOU  
WILL BE SENT THE MEAL OF  
THE DAY**

ALL HOT, CHILLED, FROZEN & VEGETARIAN MEALS COME WITH POTATO, PASTA OR RICE AND THREE VEGETABLES

MARK CLEARLY YOUR MEAL CHOICES. IF YOU DON'T MAKE A CHOICE YOU WILL BE SENT MEAL OF THE DAY.

### Monday 2nd December

- Apricot Chicken & Rice **DF/GF**
- Bacon & Cheese Quiche **GF**
- Vegetarian - Pumpkin & Sweet Potato Curry **DF/GF**
- Frozen Meal # \_\_\_\_\_
- Salad - Turkey
- Sandwich - Turkey w/ Cranberry Sauce & Salad

### Tuesday 3rd December

- Irish Lamb Stew **DF/GF**
- Lasagna
- Vegetarian - Spinach, Cheese, Tomato Baked Potato **GF**
- Frozen Meal # \_\_\_\_\_
- Salad - Ham & Pineapple
- Sandwich - Ham, Cheese & Tomato

### Wednesday 4th December

- Roast Chicken & Gravy **DF/GF**
- Pasta Carbonara
- Vegetarian - Vegetable Cornish Pastie
- Frozen Meal # \_\_\_\_\_
- Salad - Chicken
- Sandwich - Chicken, Mayo & Salad

### Thursday 5th December

- Pickled Pork & Mustard Sauce
- Braised Steak & Onion Gravy **DF/GF**
- Vegetarian - Spinach & Ricotta Cannelloni
- Frozen Meal # \_\_\_\_\_
- Salad - Pickled Pork
- Sandwich - Pickled Pork & Salad

### Friday 6th December

- Baked fish W/Sweet & Sour Sauce & Rice **DF/GF**
- Curried Sausages & Rice **DF/GF**
- Vegetarian - Potato, Spinach & Cheese Fritters **GF**
- Frozen Meal # \_\_\_\_\_
- Frozen Meal # \_\_\_\_\_
- Salad - Egg & Cheese
- Sandwich - Egg & Salad

### Monday 9th December

- Savoury Mince **DF/GF**
- Beef Hot Pot **DF/GF**
- Vegetarian - Zucchini Slice
- Frozen Meal # \_\_\_\_\_
- Salad - Roast Chicken
- Sandwich - Chicken, Mayo & Salad

### Tuesday 10th December

- Sweet & Sour Pork & Rice **DF/GF**
- Chicken Korma & Rice **GF**
- Vegetarian - Vegetable Lasagna
- Frozen Meal # \_\_\_\_\_
- Salad - Ham & Pineapple
- Sandwich - Ham, Cheese & Tomato

### Wednesday 11th December

- Roast Beef & Gravy **DF/GF**
- Shepherds Pie **GF**
- Vegetarian - Cheese, Tomato & Spinach Quiche **GF**
- Frozen Meal # \_\_\_\_\_
- Salad - Roast Beef
- Sandwich - Roast Beef & Salad

### Thursday 12th December

- Butter Chicken & Rice **DF**
- BBQ Pork & Rice **DF/GF**
- Vegetarian Eggplant Parmigiana
- Frozen Meal # \_\_\_\_\_
- Salad - Turkey
- Sandwich - Turkey w/cranberry & Salad

### Friday 13th December

- Beef Goulash **DF/GF**
- Fish & Vegetable Pie **GF**
- Vegetarian - Cheese & Asparagus Vol Au Vonts
- Frozen Meal # \_\_\_\_\_
- Frozen Meal # \_\_\_\_\_
- Salad - Bacon, Avocado, Lettuce & Tomato
- Sandwich - Bacon, Avocado, Lettuce & Tomato

**SANDWICHES can also be ordered as an extra at a cost of \$4.00 if you have a full meal package**

**FROZEN MEAL** choices are listed on the following page. Space has been provided on Friday's menus to order 2 frozen meals for the weekend if needed.

V = VEGETARIAN

GF = GLUTEN FREE

DF = DAIRY FREE