

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
18. Roast Lamb & Gravy GF/DF
19. Fish & Vegetable Pie GF/DF
20. Beef Lasagna

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

Ph: 40 511 300
Fax: 40 511 522

Email: cnsnow@westnet.com.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 1st August 2022

to

Friday 12th August 2022

Weeks 5 & 6

**PLEASE RETURN BY
THURSDAY
14th July 2022**

SAMPLE MENU

**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 1st August

- Chicken Korma & Rice **GF**
- Beef Sausages W/Onion Gravy **DF/GF**
- Vege - Tomato, Spinach & Broccoli Quiche **GF**
- Frozen Meal # _____
- Salad - Egg & Cheese
- Sandwich - Egg, Mayo & Salad

Tuesday 2nd August

- Shepherds Pie **GF**
- Beef Goulash **DF/GF**
- Vegetarian-Cauliflower Cheese Bake
- Frozen Meal # _____
- Salad - Tomato, Spinach & Broccoli Quiche **GF**
- Sandwich - Salmon & Salad

Wednesday 3rd August

- Roast Beef with Gravy **DF/GF**
- Apricot Chicken W/Rice **DF/GF**
- Vegetarian - Falafels with Tomato & Capsicum Sauce **DF/GF**
- Frozen Meal # _____
- Salad - Roast Beef
- Sandwich - Roast Beef & Salad

Thursday 4th August

- Chicken & Leek Pie
- Mild Lamb & Lentil Curry **DF/GF**
- Vegetarian - Eggplant Parmigiana
- Frozen Meal # _____
- Salad - Moroccan Chicken
- Sandwich - Moroccan Chicken & Salad

Friday 5th August

- Savoury Mince **DF/GF**
- Fish & Vege Pie **GF**
- Vegetarian - Pumpkin, Leek & Spinach Lasagna
- Frozen Meal # _____
- Frozen Meal # _____
- Frozen Meal # _____
- Salad - Ham & Cheese
- Sandwich - Ham, Cheese & Salad

Monday 8th August

- Spaghetti Bolognese
- Tandoori Chicken W/Rice **GF/DF**
- Vegetarian - Macaroni Cheese
- Frozen Meal # _____
- Salad - Egg & Cheese
- Sandwich - Egg, Mayo & Salad

Tuesday 9th August

- Meatloaf with Onion Gravy **DF**
- Gluten Free Tuna Pasta Bake **GF**
- Vegetarian - Zucchini Fritters **GF/DF**
- Frozen Meal # _____
- Salad - Meatloaf
- Sandwich - Meatloaf & Salad

Wednesday 10th August

- Roast Pork/Apple & Sage Gravy **DF/GF**
- Lamb Koftas with Mint Gravy **DF**
- Vegetarian - Vegetable Omelette **GF/DF**
- Frozen Meal # _____
- Salad - Roast Pork
- Sandwich - Roast Pork & Salad

Thursday 11th August

- Cottage Pie **GF**
- Lambs Fry, Bacon & Onion Gravy **DF**
- Vegetarian-Cheese, Tomato, Spinach Tartlets
- Frozen Meal # _____
- Salad - Ham & Cheese
- Sandwich - Ham, Cheese & Salad

Friday 12th August

- Silverside W/Onion & Parsley Sauce
- Baked Fish W/Lemon Butter Sauce **GF**
- Vegetarian - Vegetable Bolognese
- Frozen Meal # _____
- Frozen Meal # _____
- Frozen Meal # _____
- Salad— Baked Fish **GF**
- Sandwich - Salmon, Cream cheese & Dill

SAMPLE MENU

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SANDWICHES can also be ordered as an extra at a cost of \$4.00 if you have a full meal package on the same day.

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

GF = GLUTEN FREE

DF = DAIRY FREE