

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

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:

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:

HOLIDAYS MENU

For fortnight:

Monday 25th March 2024

to

Friday 5th April 2024

Weeks 1 & 2

PLEASE RETURN BY

FRIDAY

8th March

!!!ATTENTION!!!

PLEASE ANSWER YES OR NO
TO REQUIRING FROZEN MEALS WE
DON'T DELIVER ON A PUBLIC HOLIDAY.
BY TICKING BOXES IT WILL SAVE A LOT
OF WORK FOR OUR
OFFICE STAFF

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 25th March

- ☐ Apricot Chicken & Rice **DF/GF**
- ☐ Bacon & Cheese Quiche **GF**
- ☐ Vegetarian - Pumpkin & Sweet Potato Curry **DF/GF**
- ☐ Frozen Meal # _____
- ☐ Salad - Egg & Cheese
- ☐ Sandwich - Egg, Mayo & Salad

Tuesday 26th March

- ☐ Beef Lasagna
- ☐ Irish Lamb Stew **DF/GF**
- ☐ Vegetarian - Spinach, Cheese, Tomato Baked Potato **GF**
- ☐ Frozen Meal # _____
- ☐ Salad - Turkey
- ☐ Sandwich - Turkey & Cranberry Sauce

Wednesday 27th March

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

Thursday 28th March

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

Friday 29th March Good Friday

- ☐ NO MEAL REQUIRED
- ☐ YES FROZEN MEAL REQUIRED
(will be delivered between 21.3.24 to 28.3.24)
- ☐ FROZEN MEAL #Fri
- ☐ FROZEN MEAL #Sat
- ☐ FROZEN MEAL #Sun

(only choose Weekend Frozens if you normally get weekend frozens)

Monday 1st April EASTER MONDAY

- ☐ NO MEAL REQUIRED
- ☐ YES FROZEN MEAL REQUIRED
FOR DELIVERY FROM 21.3.24 to 28.3.24
- ☐ FROZEN MEAL #

Tuesday 2nd April

- ☐ Sweet & Sour Pork & Rice **DF/GF**
- ☐ Beef Hot Pot **DF/GF**
- ☐ Vegetarian - Vegetable Lasagna
- ☐ Frozen Meal # _____
- ☐ Salad - Ham & Pineapple
- ☐ Sandwich - Ham, Cheese & Tomato

Wednesday 3rd April

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

Thursday 4th April

- ☐ Butter Chicken & Rice **DF**
- ☐ BBQ Pork & Rice **DF/GF**
- ☐ Vegetarian Eggplant Parmigiana
- ☐ Frozen Meal # _____
- ☐ Salad - BBQ Pork
- ☐ Sandwich - Chicken, Mayo & Salad

Friday 5th April

- ☐ 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.

GF = GLUTEN FREE

DF = DAIRY FREE