

### 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

### 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](mailto: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 8th April 2024**

**to**

**Friday 19th April 2024**

**Weeks 3 & 4**

PLEASE RETURN BY

**FRIDAY**

**22nd March 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 8th April**

- ☐ Silverside W/ Onion & Parsley Sauce
- ☐ Lamb Koftas with Mint Gravy **DF**
- ☐ Vege - Mushroom Omelette **DF/GF**
- ☐ Frozen Meal # \_\_\_\_\_
- ☐ Salad - Egg & Cheese
- ☐ Sandwich - Egg, Mayo & Salad

**Tuesday 9th April**

- ☐ Spaghetti Bolognese
- ☐ Butter Chicken W/Rice **GF**
- ☐ Vegetarian— Carrot & Quinoa Fritters  
W/Basil Pesto Sauce **GF/DF**
- ☐ Frozen Meal # \_\_\_\_\_
- ☐ Salad - Silverside
- ☐ Sandwich - Silverside & Salad

**Wednesday 10th April**

- ☐ Roast Pork/Apple & Sage Gravy **DF/GF**
- ☐ Meatloaf with Onion Gravy **DF**
- ☐ Vegetarian –Vegetable Bolognese
- ☐ Frozen Meal # \_\_\_\_\_
- ☐ Salad - Meatloaf
- ☐ Sandwich - Roast Pork & Salad

**Thursday 11th April**

- ☐ Beef Rissoles & Tomato Gravy **DF**
- ☐ Moroccan Chicken & Rice **GF/DF**
- ☐ Vegetarian - Vegetable & Bean  
Enchilada **GF**
- ☐ Frozen Meal # \_\_\_\_\_
- ☐ Salad - Moroccan Chicken
- ☐ Sandwich - Moroccan Chicken & Salad

**Friday 12th April**

- ☐ Crumbed Pork Cutlet W/Rice &  
Teriyaki Sauce **DF**
- ☐ Salmon & Potato Cakes **GF/DF**
- ☐ Vegetarian Pumpkin & Spinach Crepes W/  
Pumpkin Puree
- ☐ Frozen Meal # \_\_\_\_\_
- ☐ Frozen Meal # \_\_\_\_\_
- ☐ Salad - Salmon
- ☐ Sandwich - Ham , Cheese & Tomato

**Monday 15th April**

- ☐ Braised Steak & Onions **GF/DF**
- ☐ Irish Lamb Stew **DF/GF**
- ☐ Vegetarian - Spinach & Ricotta Cannelloni
- ☐ Frozen Meal # \_\_\_\_\_
- ☐ Salad - Egg & Cheese
- ☐ Sandwich - Egg, Mayo & Salad

**Tuesday 16th April**

- ☐ Roast Chicken & Gravy **GF/DF**
- ☐ Beef Lasagna
- ☐ Vegetarian - Lentil & 4 Bean Shepherds Pie **GF/DF**
- ☐ Frozen Meal # \_\_\_\_\_
- ☐ Salad - Chicken
- ☐ Sandwich - Chicken Mayo & Salad

**Wednesday 17th April**

- ☐ Cottage Pie **GF**
- ☐ Bacon & Cheese Quiche **GF**
- ☐ Vegetarian - Vegetable Cornish Pastie
- ☐ Frozen Meal # \_\_\_\_\_
- ☐ Salad - Ham & Cheese
- ☐ Sandwich - Ham, Cheese & Salad

**Thursday 18th April**

- ☐ Roast Lamb W/Mint Gravy **GF/DF**
- ☐ Chicken Rissoles W/Gravy **DF**
- ☐ Vegetarian - Mediterranean Vegetable  
Frittata **GF**
- ☐ Frozen Meal # \_\_\_\_\_
- ☐ Salad - Roast Lamb
- ☐ Sandwich - Roast Lamb & Salad

**Friday 19th April**

- ☐ Mince Beef & Vege Pie
- ☐ Baked Fish W/Sweet & Sour Sauce &  
Rice **GF/DF**
- ☐ Vegetarian - Cheese & Asparagus Vol Au  
Vonts
- ☐ Frozen Meal # \_\_\_\_\_
- ☐ Frozen Meal # \_\_\_\_\_
- ☐ Frozen Meal # \_\_\_\_\_
- ☐ Salad—Baked Fish **GF**
- ☐ Sandwich - Bacon, Lettuce & Tomato

**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**