

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:

PUBLIC HOLIDAY MENU

Lest We Forget



For fortnight:

Monday 22nd April 2024

to

Friday 3rd May 2024

Weeks 5 & 6

PLEASE RETURN BY

THURSDAY

28th March 2024

!!!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 22nd April

- ☐ 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 23rd April

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

Wednesday 24th April

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

Thursday 25th APRIL ANZAC DAY PUBLIC HOLIDAY

- ☐ NO MEAL REQUIRED
- ☐ YES FROZEN MEAL REQUIRED FOR DELIVERY FROM **18.4.24 & 24.4.24**
- ☐ FROZEN MEAL #

Friday 26th April

- ☐ 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 29th April

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

Tuesday 30th April

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

Wednesday 1st May

- ☐ 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 2nd May

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

Friday 3rd May

- ☐ 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 - Silverside & Salad

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