

## 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:

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:

**LABOUR DAY HOLIDAY**

## PUBLIC HOLIDAY MENU

**For fortnight:**

**Monday 6th May 2024**

**to**

**Friday 17th May 2024**

**Weeks 1 & 2**

**PLEASE RETURN BY**

**FRIDAY**

**19th April 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 6th May**

**LABOUR DAY PUBLIC HOLIDAY**

- NO MEAL REQUIRED
- YES FROZEN MEAL REQUIRED FOR DELIVERY FROM **29.4.24 to 3.5.24**
- FROZEN MEAL #.....

**Tuesday 7th May**

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

**Wednesday 8th May**

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

**Thursday 9th May**

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

**Friday 10th May**

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

**Monday 13th May**

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

**Tuesday 14th May**

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

**Wednesday 15th May**

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

**Thursday 16th May**

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

**Friday 17th May**

- Beef Goulash **DF/GF**
- Fish & Vegetable Pie **GF**
- V- 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