

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

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 3rd June 2024

to

Friday 14th June 2024

Weeks 5 & 6

PLEASE RETURN BY

FRIDAY

17th May 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 3rd June 2024

- Chicken Korma & Rice **GF**
- Apricot Chicken & Rice **DF/GF**
- V** -Tomato, Spinach & Broccoli Quiche **GF**
- Frozen Meal # _____
- Salad - Bocconcini Cheese, Roma Tomato, Basil & Garlic
- Sandwich - Salmon, Mayo & Lettuce

Tuesday 4th June

- Shepherds Pie **GF**
- Beef Goulash **DF/GF**
- V**- Cauliflower Cheese Bake
- Frozen Meal # _____
- Salad - Moroccan Chicken
- Sandwich - Moroccan Chicken

Wednesday 5th June

- Roast Beef with Gravy **DF/GF**
- Chicken, Mushroom & Herb Pasta
- V** - Spinach & Ricotta Ravioli
- Frozen Meal # _____
- Salad - Roast Beef & Chutney
- Sandwich - Roast Beef

Thursday 6th June

- Chicken & Leek Pie
- Pork Sausages & onion gravy **(GF/DF)**
- V** - Eggplant Parmigiana
- Frozen Meal # _____
- Salad - Egg & Cheese
- Sandwich - Egg, Mayo & Salad

V = VEGETARIAN

Friday 7th June

- Savoury Mince **DF/GF**
- Fish & Vege Pie **GF**
- V** - Pumpkin, Leek & Spinach Lasagna
- Frozen Meal # _____
- Frozen Meal # _____
- Frozen Meal # _____
- Salad - Bacon, Avocado & Lettuce
- Sandwich - Bacon, Lettuce & Tomato

Monday 10th June

- Silverside W/Onion & Parsley Sauce **GF**
- Mince Pie (Puff Pastry) **(DF)**
- V**- Macaroni Cheese
- Frozen Meal # _____
- Salad - Ham & Cheese
- Sandwich - Ham, Cheese & Tomato

Tuesday 11th June

- Spaghetti Bolognese
- Mild Lamb & Lentil Curry & Rice **GF/DF**
- V**- Zucchini Fritters **GF/DF**
- Frozen Meal # _____
- Salad - Smoked Salmon
- Sandwich - Silverside & Salad

Wednesday 12th June

- Roast Pork/Apple & Sage Gravy **DF/GF**
- Lambs Fry, Bacon & Onion **DF**
- V** - Vegetable Omelette **GF/DF**
- Frozen Meal # _____
- Salad - Roast Pork
- Sandwich - Roast Pork & Salad

GF = GLUTEN FREE

Thursday 13th June

- Roast Chicken & Gravy **GF/DF**
- Tandoori Chicken & Rice **GF**
- Vegetarian-Cheese, Tomato, Spinach Tartlets
- Frozen Meal # _____
- Salad - Roast Chicken
- Sandwich - Chicken, Mayo & Salad

Friday 14th June

- Meatloaf With Onion Gravy **DF**
- Baked Fish W/Lemon Butter Sauce **GF**
- Vegetarian - Vegetable Bolognese
- Frozen Meal # _____
- Frozen Meal # _____
- Frozen Meal # _____
- Salad— Egg & Cheese
- Sandwich - Egg, Mayo & 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.

DF = DAIRY FREE