

**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:

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**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 26th August 2024  
to  
Friday 6th September 2024  
Weeks 5 & 6**

**PLEASE RETURN BY  
FRIDAY  
9th August 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 26th August**

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

**Tuesday 27th August**

- Shepherds Pie **GF**
- Apricot Chicken & Rice **DF/GF**
- V**- Cauliflower Cheese Bake
- Frozen Meal # \_\_\_\_\_
- Salad - Moroccan Chicken
- Sandwich - Moroccan Chicken

**Wednesday 28th August**

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

**Thursday 29th August**

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

**V = VEGETARIAN**

**Friday 30th August**

- 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 2nd September**

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

**Tuesday 3rd September**

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

**Wednesday 4th September**

- 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 5th September**

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

**Friday 6th September**

- 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**