

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
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:
office@cairnsmearsonwheels.org.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:

NEW MENU CHOICES

For fortnight:

Monday 23rd September 2024
to
Friday 4th October 2024
Weeks 3 & 4

PLEASE RETURN BY
FRIDAY
6th September 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 23rd September

- Silverside Onion & Parsley Sauce GF
- Lamb Koftas with Mint Gravy **DF**
- V** - Pumpkin & Spinach Crepes W/
Pumpkin Puree
- Frozen Meal # _____
- Salad - Silverside
- Sandwich - Silverside & Salad

Tuesday 24th September

- Roast Chicken & Gravy **GF/DF**
- Tuna & Herb Pasta Bake
- V** – Mushroom Omelette **GF/DF**
- Frozen Meal # _____
- Salad - Roast Chicken
- Sandwich - Chicken, mayo & Salad

Wednesday 25th September

- Beef, Herb & cheese Rissoles
- Meatloaf with Onion Gravy **DF**
- V** -Vegetable & Bean Enchilada **GF**
- Frozen Meal # _____
- Salad - Egg & Cheese
- Sandwich - Egg, Mayo & Salad

Thursday 26th September

- Pasta Carbonara
- Pulled Pork W/Tangy BBQ Sauce **GF/DF**
- V**– Vegetable Bolognese
- Frozen Meal # _____
- Salad - Tuna Lemon Pepper
- Sandwich - Tuna, Mayo & Chives

Friday 27th September

- Grilled Fish & Lemon Pepper With
Saffron Cream Rice **GF**
- Beef Sausages & Mash Potato **GF/DF**
- V**– Vegetable Curry & Rice **GF/DF**
- Frozen Meal # _____
- Frozen Meal # _____
- Salad - Bacon, Avocado, Tomato, Lettuce
- Sandwich - Bacon, Avocado, Tomato & Lettuce

Monday 30th September

- Mild Madras Chicken Curry & Rice **GF/DF**
- Beef Tortellini & White Wine cream sauce
- V**–Pumpkin Ravioli with Napoli Sauce **DF**
- Frozen Meal # _____
- Salad - Ham & Cheese
- Sandwich - Ham, Cheese & Salad

Tuesday 1st October

- Roast Lamb W/Mint Gravy **GF/DF**
- Beef Lasagna
- V** -Cheese & Asparagus Vol Au Vonts
- Frozen Meal # _____
- Salad - Roast Lamb
- Sandwich - Roast Lamb & Salad

Wednesday 2nd October

- Cottage Pie **GF**
- Chicken Rissoles W/Gravy **DF**
- V** - Vegetable Cornish Pastie
- Frozen Meal # _____
- Salad - Egg & Cheese
- Sandwich - Egg, Cheese & Salad

Thursday 3rd October

- Braised Steak & Onion **GF/DF**
- Bacon & Cheese Quiche **GF**
- V** - Mediterranean Vegetable Frittata **GF**
- Frozen Meal # _____
- Salad - Roast Chicken
- Sandwich - Chicken, Mayo & Salad

Friday 4th October

- Chicken Fried Rice **GF/DF**
- Baked Fish W/Sweet & Sour Sauce &
Rice **GF/DF**
- V** - Chic Pea Curry & Rice **GF/DF**
- Frozen Meal # _____
- Frozen Meal # _____
- Frozen Meal # _____
- Salad—Baked Fish **GF**
- Sandwich - Salmon & Mayo

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.

V = VEGETARIAN

GF = GLUTEN FREE

DF = DAIRY FREE