

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:

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:

PUBLIC HOLIDAY MENU

For fortnight:

Monday 7th October 2024

to

Friday 18th October 2024

Weeks 5 & 6

PLEASE RETURN BY

FRIDAY

20th September 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 7th October KINGS BIRTHDAY

- NO MEAL REQUIRED
- YES FROZEN MEAL REQUIRED FOR DELIVERY in WEEK
- 30.9.24 to 4.10.24
- FROZEN MEAL #.....
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Tuesday 8th October

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

Wednesday 9th October

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

Thursday 10th October

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

Friday 11th October

- 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 14th October

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

Tuesday 15th October

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

Wednesday 16th October

- 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

Thursday 17th October

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

Friday 18th October

- 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.

V = VEGETARIAN

GF = GLUTEN FREE

DF = DAIRY FREE