

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:

office@cairnsmelsonwheels.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:

MENU

For fortnight:

Monday 21st October 2024

to

Friday 1st November 2024

Weeks 1 & 2

PLEASE RETURN BY

FRIDAY

4th October 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 21st October

- Apricot Chicken & Rice **DF/GF**
- Bacon & Cheese Quiche **GF**
- Vegetarian - Pumpkin & Sweet Potato Curry **DF/GF**
- Frozen Meal # _____
- Salad - Turkey
- Sandwich - Turkey w/ Cranberry Sauce & Salad

Tuesday 22nd October

- Irish Lamb Stew **DF/GF**
- Lasagna
- Vegetarian - Spinach, Cheese, Tomato Baked Potato **GF**
- Frozen Meal # _____
- Salad - Ham & Pineapple
- Sandwich - Ham, Cheese & Tomato

Wednesday 23rd October

- Roast Chicken & Gravy **DF/GF**
- Pasta Carbonara
- Vegetarian - Vegetable Cornish Pastie
- Frozen Meal # _____
- Salad - Chicken
- Sandwich - Chicken, Mayo & Salad

Thursday 24th October

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

Friday 25th October

- Baked fish W/Sweet & Sour Sauce & Rice **DF/GF**
- Curried Sausages & Rice **DF/GF**
- Vegetarian - Potato, Spinach & Cheese Fritters **GF**
- Frozen Meal # _____
- Frozen Meal # _____
- Salad - Egg & Cheese
- Sandwich - Egg & Salad

Monday 28th October

- Savoury Mince **DF/GF**
- Beef Hot Pot **DF/GF**
- Vegetarian - Zucchini Slice
- Frozen Meal # _____
- Salad - Roast Chicken
- Sandwich - Chicken, Mayo & Salad

Tuesday 29th October

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

Wednesday 30th October

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

Thursday 31st October

- Butter Chicken & Rice **DF**
- BBQ Pork & Rice **DF/GF**
- Vegetarian Eggplant Parmigiana
- Frozen Meal # _____
- Salad - Turkey
- Sandwich - Turkey w/cranberry & Salad

Friday 1st November

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