

## 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

Email:

[office@cairnsmearsonwheels.org.au](mailto: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:

# HOLIDAYS MENU

**For fortnight**

**Monday 27th January 2025**

**to**

**Friday 7th February 2025**

**Weeks 3 & 4**

PLEASE RETURN BY

**FRIDAY**

**10th January 2025**

**!!!!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 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 27th January**

**AUSTRALIA DAY PUBLIC HOLIDAY**

- NO MEAL REQUIRED
- YES FROZEN MEAL REQUIRED
- FROZEN MEAL #.....

**Tuesday 28th January**

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

**Wednesday 29th January**

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

**Thursday 30th January**

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

**Friday 31st January**

- 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 3rd February**

- 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 4th February**

- Roast Lamb & Mint Gravy **GF**
- Beef Lasagna
- V –Cheese & Asparagus Vol Au Vents
- Frozen Meal # \_\_\_\_\_
- Salad - Roast Lamb
- Sandwich - Roast Lamb & Salad

**Wednesday 5th February**

- Cottage Pie **GF**
- Chicken Rissoles with Gravy **DF**
- V –Vegetable Cornish Pastie **DF**
- Frozen Meal # \_\_\_\_\_
- Salad - Egg & Cheese **GF**
- Sandwich -Egg, Mayo & Salad **DF**

**Thursday 6th February**

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

**Friday 7th February**

- Baked Sweet & Sour Fish & Rice **GF/DF**
- Chicken Fried Rice **GF/DF**
- V - Chic Pea Curry & Rice **GF/DF**
- 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