

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

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:

MENU

For fortnight:

**Monday 10th February 2025
to
Friday 21st February 2025
Weeks 5 & 6**

**PLEASE RETURN BY
FRIDAY
7th February 2025**

REMEMBER IF YOU DO NOT RETURN YOUR MENU YOU WILL BE SENT THE MEAL OF THE DAY

**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 10th February

- 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 11th February

- Shepherds Pie **GF**
- Apricot Chicken **DF/GF**
- Vegetarian-Cauliflower Cheese Bake
- Frozen Meal # _____
- Salad - Moroccan Chicken **GF**
- Sandwich - Moroccan Chicken, Lettuce & Mayo

Wednesday 12th February

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

Thursday 13th February

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

V = VEGETARIAN

Friday 14th February

- 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 17th February

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

Tuesday 18th February

- Spaghetti Bolognese
- Tandoori Chicken & Rice **GF**
- V**- Zucchini Fritters **GF/DF**
- Frozen Meal # _____
- Salad - Smoked Salmon
- Sandwich - Silverside & Salad

Wednesday 19th February

- 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 20th February

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

Friday 21st February

- 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 & Lettuce

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