

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

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

8.00am-5.00pm



NAME:

RUN:

HOLIDAYS MENU

For fortnight

Monday 10th March 2025
to
Friday 21st March 2025
Weeks 3 & 4

PLEASE RETURN BY
FRIDAY
28th February 2025

**REMEMBER IF YOU DO NOT RE-
TURN 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 March

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

Tuesday 11th March

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

Wednesday 12th March

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

Thursday 13th March

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

Friday 14th March

- 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 17th March

- 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 18th March

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

Wednesday 19th March

- 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 20th March

- 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 21st March

- 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