



Meals on Wheels™
Cairns

6-Week Menu Order Booklet

Delivering More than just a Meal™ to
Cairns Communities for over 50 years!



Client Name:

Run Number:

Menu Cycle Start Date:

Menu Cycle End Date:

**More
than just
a meal™**



Welcome to your Cairns Meals on Wheels™ 6-Week Menu Planner!

This booklet is designed to help you easily select your meals for the upcoming weeks, ensuring you receive nutritious and delicious food tailored to your preferences. Simply fill out your choices and return the booklet to your volunteer within a week.

If you have any questions about the menu, dietary requirements, or specific food options, we're here to help. Please don't hesitate to contact our office on (07) 4051 1300, and our friendly team will assist you in making the best selections for your needs.

We're committed to delivering meals you'll love—thank you for being part of our Cairns Meals on Wheels™ community!

Cairns Meals on Wheels™ Inc
Barlow Park Stadium, Cnr Scott & Severin
Street, Parramatta Park, QLD 4870
P | 07 4051 1300
E | office@cairnsmearsonwheels.org.au
H | Monday to Friday, 8:00am to 4:00pm
W | fnqmealsonwheels.org.au

- All chilled, frozen, and vegetarian meals include pasta, potato, or rice, along with three vegetables.
- Please ensure your meal choices are clearly marked.
- If no selection is made, you will receive the meal of the day.
- Sandwiches are also available for order at an additional cost. Please contact the office for more information.
- Order extra frozen meals to ensure you have meals available over weekends and public holidays



Frozen Meals

Welcome to the Cairns Meals on Wheels™ Frozen Meal Menu!

We understand the importance of independence and choosing your own mealtime, which is why we offer a consistent selection of frozen meals to suit your schedule and preferences.

To order our frozen meals, please enter the meal number (#) in the designated space provided for each delivery day (pg 6-17).

You have the option to order frozen meals instead of the daily meal option on any given delivery day. On Fridays, we will also provide frozen soups and desserts for the weekend; however, these will be selected for you based on availability.

Please note that occasionally, your selected frozen meal may not be available. In such cases, a suitable substitute will be provided. If you do not wish to order a particular meal, simply leave the box blank.

Sample Frozen Meal Order

2 Frozen Meal # 6

If you would like to order two Irish Lamb Stews (Meal Number 6), simply write “2” in the box next to "Frozen Meals" and place the corresponding meal number (6) on the line provided for the delivery day you've chosen. Meal Numbers are on Page 5.

How To Store Your Meal

- Frozen meals must be stored in the freezer below -18°C. Once thawed, you must not re-freeze these meals
- Use meals within 24 hours of removing from the freezer
- When reheating meals they must be heated throughout to a minimum temperature of 75°C
- Beware of steam when removing lid / seal from container

Frozen Meals

Meal Number (#)	Meal	Dietary
1.	Roast Pork & Gravy	DF GF
2.	Roast Beef & Gravy	DF GF
3.	Roast Chicken & Gravy	DF GF
4.	Beef Goulash	DF GF
5.	Chicken Korma	GF
6.	Irish Lamb Stew	DF GF
7.	Savoury Mince	DF GF
8.	Meatloaf & Onion Gravy	
9.	Braised Steak & Onions	DF GF
10.	Apricot Chicken	DF GF
11.	Silverside w/ Onion & Parsley Sauce	
12.	Sweet & Sour Fish	DF GF
13.	Pasta Carbonara	
14.	Bacon & Cheese Quiche	GF
15.	Vegetarian Mains	V
16.	Spaghetti Bolognese	
17.	Lamb Koftas	
18.	Fish & Vegetable Pie	DF GF
19.	Beef Lasagna	

Gluten Free **GF**

Dairy Free **DF**

Vegetarian **V**

Monday

- Chicken & Leek Soup **DF GF**
- Apricot Chicken & Rice **DF GF**
- Bacon & Cheese Quiche **GF**
- Pumpkin & Sweet Potato Curry w/ Rice **DF GF V**
- Frozen Meal # _____
- 2 Fruits, Jelly & Custard **GF**
- Salad - Turkey **DF GF**
- Sandwich - Turkey w/ Cranberry Sauce & Salad **DF**

Tuesday

- Mild Lentil Dahl Soup **DF GF**
- Irish Lamb Stew **DF GF**
- Beef Lasagne
- Spinach, Cheese & Tomato Baked Potato **GF V**
- Frozen Meal # _____
- Chocolate Mousse w/ Whipped Cream **GF**
- Salad - Ham & Pineapple **DF GF**
- Sandwich - Ham, Cheese & Tomato

Wednesday

- Beef & Vegetable Soup **DF GF**
- Roast Chicken & Gravy **DF GF**
- Pasta Carbonara
- Vegetable Cornish Pastie **V**
- Frozen Meal # _____
- Apple Crumble & Custard
- Salad - Chicken **DF GF**
- Sandwich - Chicken, Mayo & Salad **DF**

Thursday

Carrot, Pumpkin & Sweet Potato Soup **DF GF**

Pickled Pork & Mustard Sauce

Braised Steak & Onion Gravy **DF GF**

Spinach & Ricotta Cannelloni **V**

Frozen Meal # _____

Vanilla Slice

Salad - Pickled Pork **DF GF**

Sandwich - Pickled Pork & Salad **DF GF**

Friday (plus weekend)

Cream of Vegetable Soup **GF**

Baked Fish w/ Sweet & Sour Sauce & Rice **DF GF**


Curried Sausages & Rice **DF GF**

Potato, Spinach & Cheese Fritters **DF GF V**

Carrot Cake with Cream Cheese Icing

Salad - Egg & Cheese **V GF**

Sandwich - Egg & Salad **V DF**

 List of Frozen Meals available on page 5 of this booklet.
Please make your selection and write down the corresponding
meal number in the space below:

Frozen Soup

Frozen Dessert

Frozen Meal # _____

Frozen Meal # _____

Frozen Meal # _____

Gluten Free **GF**

Dairy Free **DF**

Vegetarian **V**

Monday

- Beef & Vegetable Broth Soup **DF GF**
- Savoury Mince **DF GF**
- Beef Hot Pot **DF GF**
- Zucchini Slice **DF V**
- Frozen Meal # _____
- Pavlova, Fruit & Cream **GF**
- Salad - Roast Chicken **DF GF**
- Sandwich - Chicken, Mayo & Salad **DF**

Tuesday

- Mild Thai Chicken Noodle Soup **DF**
- Sweet & Sour Pork w/ Rice **DF GF**
- Chicken Korma & Rice **GF**
- Vegetarian Lasagne **V**
- Frozen Meal # _____
- Swiss Jam Roll w/ Cream
- Salad - Ham & Pineapple **DF GF**
- Sandwich - Ham, Cheese & Tomato

Wednesday

- Cream of Cauliflower Soup **GF**
- Roast Beef & Gravy **DF GF**
- Shepards Pie **GF**
- Cheese, Tomato & Spinach Quiche **GF V**
- Frozen Meal # _____
- Sticky Date Pudding w/ Butterscotch Sauce
- Salad - Roast Beef **DF GF**
- Sandwich - Roast Beef & Salad **DF**

Thursday

- Roast Tomato & Basil Soup **DF GF**
- Butter Chicken & Rice **GF**
- BBQ Pork & Rice **DF GF**
- Eggplant Parmigiana **V**
- Frozen Meal # _____
- Fresh Fruit Salad
- Salad - Turkey **DF GF**
- Sandwich - Turkey w/ Cranberry & Salad **DF**

Friday (plus weekend)

- Root Vegetable Soup **DF GF**
- Beef Goulash **DF GF**
- Fish & Vegetable Pie **GF**
- Cheese & Asparagus Vol-Au-Vonts **V**
- Tiramisu
- Salad - Bacon & Avocado **DF GF**
- Sandwich - Bacon, Avocado, Lettuce & Tomato **DF**

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- Frozen Soup
- Frozen Dessert
- Frozen Meal # _____
- Frozen Meal # _____
- Frozen Meal # _____

Gluten Free **GF**

Dairy Free **DF**

Vegetarian **V**

Monday

- Chicken & Sweetcorn Soup **DF GF**
- Silverside w/ Onion & Parsley Sauce
- Lamb Koftas with Mint Gravy **DF GF**
- Pumpkin & Spinach Crepes w/ Pumpkin Puree **V**
- Frozen Meal # _____
- Fruit Trifle
- Salad - Silverside **DF GF**
- Sandwich - Silverside & Salad **DF**

Tuesday

- Cream of Broccoli Soup **DF**
- Roast Chicken & Gravy **DF GF**
- Tuna & Herb Pasta Bake
- Mushroom Omelette **DF GF V**
- Frozen Meal # _____
- Apple & Raisin Strudel w/ Custard
- Salad - Roast Chicken **DF GF**
- Sandwich - Chicken, Mayo & Salad **DF**

Wednesday

- Pea & Ham Soup **DF GF**
- Beef, Herb & Cheese Rissoles w/ Tomato Gravy **DF**
- Meatloaf with Onion Gravy **DF**
- Vegetable & Bean Enchilada **V**
- Frozen Meal # _____
- Berry Pannacotta **GF**
- Salad - Egg & Cheese **GF**
- Sandwich - Egg, Mayo & Salad **DF GF**

Thursday

- Cream of Pumpkin Soup **GF**
- Pasta Carbonara
- Pulled Pork w/ Tangy BBQ Sauce **DF GF**
- Vegetable Bolognese **DF V**
- Frozen Meal # _____
- Cherry Batter Cake
- Salad - Tuna & Lemon Pepper **DF GF**
- Sandwich - Tuna, Mayo & Chives **DF**

Friday (plus weekend)

- Spring Vegetable Soup **DF GF**
- Grilled Fish & Lemon Pepper w/ Saffron Cream Rice **GF**
- Beef Sausages & Mash Potato **GF**
- Vegetable Curry & Rice **DF GF V**
- Pavlova w/ Fruit & Cream **GF**
- Salad - Bacon, Avocado, Lettuce & Tomato **DF GF**
- Sandwich - Bacon, Avocado, Lettuce & Tomato **DF**

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- Frozen Soup
- Frozen Dessert
- Frozen Meal # _____
- Frozen Meal # _____
- Frozen Meal # _____

Gluten Free **GF**

Dairy Free **DF**

Vegetarian **V**

Monday

Cream of Potato & Leek Soup **GF**
 Mild Madras Chicken Curry w/ Rice **DF GF**
 Beef Tortellini w/ White Wine Cream Sauce
 Pumpkin Ravioli w/ Napoli Sauce **DF V**
 Frozen Meal # _____
 2 Fruits w/ Jelly & Custard
 Salad - Ham & Cheese
 Sandwich - Ham, Cheese & Salad

Tuesday

Cauliflower & Cheese **GF**
 Roast Lamb w/ Mint Gravy
 Beef Lasagne
 Cheese & Asparagus Vol-Au-Vonts **V**
 Frozen Meal # _____
 Chocolate Cheesecake
 Salad - Roast Lamb
 Sandwich - Roast Lamb & Salad

Wednesday

Cream of Tomato & Basil Soup **GF**
 Cottage Pie **GF**
 Chicken Rissoles w/ Gravy **DF**
 Vegetable Cornish Pastie **DF V**
 Frozen Meal # _____
 Bread & Butter Pudding
 Salad - Egg & Cheese **GF**
 Sandwich - Egg, Mayo & Salad **DF**

Thursday

- Lamb & Barley Vegetable Soup **DF GF**
- Braised Steak & Onion Gravy **DF GF**
- Bacon & Cheese Quiche **GF**
- Mediterranean Vegetable Frittata **GF V**
- Frozen Meal # _____
- Chocolate Mousse w/ Whipped Cream **GF**
- Salad - Roast Chicken **DF GF**
- Sandwich - Chicken, Mayo & Salad

Friday (plus weekend)

- Green Vegetable Soup **DF GF**
- Baked Sweet & Sour Fish w/ Rice **DF GF**
- Chicken Fried Rice **DF GF**
- Chickpea Curry & Rice **DF GF V**
- Moist Sweet Potato Cake
- Salad - Baked Fish **DF GF**
- Sandwich - Salmon & Mayo **DF**

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- Frozen Soup
- Frozen Dessert
- Frozen Meal # _____
- Frozen Meal # _____
- Frozen Meal # _____

Gluten Free **GF**

Dairy Free **DF**

Vegetarian **V**

Monday

- Bacon & Roast Tomato Soup **DF GF**
- Chicken Korma & Rice **GF**
- Beef Goulash **DF GF**
- Tomato, Spinach & Broccoli Quiche **GF V**
- Frozen Meal # _____
- Pavlova with Fruit & Cream **GF**
- Salad - Bocconcini Cheese, Roma Tomato, Basil & Garlic **GF**
- Sandwich - Salmon, Mayo & Lettuce **DF**

Tuesday

- Pumpkin Coconut Cream Soup **DF GF**
- Shepards Pie **GF**
- Apricot Chicken & Rice **DF GF**
- Cauliflower Cheese Bake **V**
- Frozen Meal # _____
- Fresh Fruit Salad **DF GF**
- Salad - Moroccan Chicken **GF**
- Sandwich - Moroccan Chicken, Mayo & Lettuce

Wednesday

- Creamy Chicken & Ginger Soup **GF**
- Roast Beef w/ Gravy **DF GF**
- Chicken, Mushroom & Herb Pasta
- Spinach & Ricotta Ravioli **V**
- Frozen Meal # _____
- Black Forest Gateaux
- Salad - Roast Beef & Chutney **DF GF**
- Sandwich - Roast Beef, Chutney & Salad **DF**

Thursday

- Roasted Carrot & Caraway Seed Soup **DF GF**
- Chicken & Leek Pie
- Pork Sausages & Onion Gravy **DF GF**
- Eggplant Parmigiana **DF V**
- Frozen Meal # _____
- Apple Pie & Cream
- Salad - Egg & Cheese **GF**
- Sandwich - Egg, Mayo & Salad **DF**

Friday (plus weekend)

- Yellow Lentil & Vegetable Soup **DF GF**
- Savoury Mince **DF GF**
- Fish & Vegetable Pie w/ Mashed Potato Topper **GF**
- Pumpkin, Leek & Spinach Lasagna **V**
- Chocolate Cake w/ Icing
- Salad - Bacon, Avocado & Tomato **DF GF**
- Sandwich - Bacon, Lettuce & Tomato **DF**

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- Frozen Soup
- Frozen Dessert
- Frozen Meal # _____
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- Frozen Meal # _____

Gluten Free **GF**

Dairy Free **DF**

Vegetarian **V**

Monday

- Beef & Red Bean Soup **DF GF**
- Silverside w/ Onion & Parsley Sauce
- Mince Pie w/ Puff Pastry **DF**
- Macaroni Cheese **V**
- Frozen Meal # _____
- Moist Sweet Potato Cake **GF**
- Salad - Ham & Cheese **GF**
- Sandwich - Ham, Cheese & Tomato

Tuesday

- Pea & Ham Soup **DF GF**
- Spaghetti Bolognese **DF**
- Tandoori Chicken & Rice **GF**
- Zucchini Fritters **DF GF V**
- Frozen Meal # _____
- Apricot Oat Slice
- Salad - Smoked Salmon **DF GF**
- Sandwich - Silverside & Salad **DF**

Wednesday

- Cream of Pumpkin Soup **GF**
- Roast Pork w/ Apple & Sage Gravy **DF GF**
- Lamb's Fry, Bacon & Onion **DF**
- Vegetable Omelette **DF GF V**
- Frozen Meal # _____
- Banana & Walnut Cake w/ Cream Cheese Icing
- Salad - Roast Pork **DF GF**
- Sandwich - Roast Pork & Salad **DF**

Thursday

- Cream of Chicken Soup **GF**
- Roast Chicken & Gravy **DF GF**
- Mild Lamb & lentil Curry w/ Rice **DF GF**
- Cheese, Tomato & Spinach Tartlets **V**
- Frozen Meal # _____
- Rum & Raisin Pudding & Custard
- Salad - Roast Chicken **DF GF**
- Sandwich - Chicken, Mayo & Salad **DF**

Friday (plus weekend)

- Roasted Vegetable Soup **DF GF**
- Meatloaf w/ Onion Gravy **DF**
- Baked Fish w/ Lemon Butter Sauce **GF**
- Vegetable Bolognese **DF V**
- Strawberry Cheesecake
- Salad - Egg & Cheese **GF**
- Sandwich - Egg, Mayo & Salad **DF**

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- Frozen Meal # _____
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Gluten Free **GF**

Dairy Free **DF**

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Run by the community for the community

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