

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@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 24th March 2025

to

Friday 4th April 2025

Weeks 5 & 6

PLEASE RETURN BY

FRIDAY

14th March 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 24th March

- 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 25th March

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

Wednesday 26th March

- 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 27th March

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

V = VEGETARIAN

Friday 28th March

- 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 31st March

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

Tuesday 1st April

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

Wednesday 2nd April

- 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 3rd April

- 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 4th April

- 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