



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
269 Gatton Street, Westcourt
, QLD 4870
P | 07 4051 1300
E | office@cairnsmearsonwheels.org.au
H | Monday to Friday, 8:00am to 4:00
pm **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, simply write the number corresponding to your chosen meal from the list on Page 5.

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

1.	Roast Pork & Gravy	DF GF	2
2.	Roast Beef & Gravy	DF GF	1
3.	Roast Chicken & Gravy	DF GF	
4.	Beef Goulash	DF GF	1

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

Order Frozen Meals

To order our frozen meals, simply write the number in the right column corresponding to your chosen meal from the list below.

Order Frozen Meals

Place Order # Here

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 (week 1)

- ☐ 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 (week 1)

- ☐ 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 (week 1)

- ☐ 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 (week 1)

- ☐ 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 (week 1)

- ☐ 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**
- ☐ Frozen Meal # _____
- ☐ Frozen Meal # _____
- ☐ Frozen Meal # _____
- ☐ Carrot Cake with Cream Cheese Icing
- ☐ Salad - Egg & Cheese **V GF**
- ☐ Sandwich - Egg & Salad **V DF**

Gluten Free **GF**

Dairy Free **DF**

Vegetarian **V**

Monday (week 2)

- ☐ 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 (week 2)

- ☐ 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 (week 2)

- ☐ 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 (week 2)

- ☐ 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 (week 2)

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

Gluten Free **GF**

Dairy Free **DF**

Vegetarian **V**

Monday (week 3)

- ☐ 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 (week 3)

- ☐ 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 (week 3)

- ☐ 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 (week 3)

- ☐ 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 (week 3)

- ☐ 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**
- ☐ Frozen Meal # _____
- ☐ Frozen Meal # _____
- ☐ Frozen Meal # _____
- ☐ Pavlova w/ Fruit & Cream **GF**
- ☐ Salad - Bacon, Avocado, Lettuce & Tomato **DF GF**
- ☐ Sandwich - Bacon, Avocado, Lettuce & Tomato **DF**

Gluten Free **GF**

Dairy Free **DF**

Vegetarian **V**

Monday (week 4)

- ☐ 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 (week 4)

- ☐ 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 (week 4)

- ☐ 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 (week 4)

- ☐ 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 (week 4)

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

Gluten Free **GF**

Dairy Free **DF**

Vegetarian **V**

Monday (week 5)

- ☐ 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 (week 5)

- ☐ 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 (week 5)

- ☐ 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 (week 5)

- ☐ 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 (week 5)

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

Gluten Free **GF**

Dairy Free **DF**

Vegetarian **V**

Monday (week 6)

- ☐ 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 (week 6)

- ☐ 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 (week 6)

- ☐ Cream of Pumpkin Soup **GF**
- ☐ Roast Pork w/ Apple & Sage Gravy **DF GF**
- ☐ Lambs 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 (week 6)

- ☐ 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 (week 6)

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

Gluten Free **GF**

Dairy Free **DF**

Vegetarian **V**

[illegible]

notes

Run by the community for the community



Meals on Wheels[™]
Cairns

All information is correct at the time of publication February 2025