

**September 2018 - Menu**  
**Restaurant quality meals delivered FREE by friendly volunteers**

**MEALS ON WHEELS - TWEED**

Snap Frozen Meal Menu - Great taste and value

**Standard main Meals \$6.00**

Brown Rice Patties sweet potato peas carrots corn	☐ ★	Falafel Balls in creamy vegetable risotto	★
Mushroom Casserole potato mash spinach carrots	★	Macaroni with apple sauce	
Pumpkin Curry & basmati rice broccoli & beans	★	Barramundi & lemon butter, rice & vege	☐ ★
Crumbed Whiting & Wedges carrots corn & peas	☐	Chicken Breast in mango sauce & vegetables	☐ ★
Roast Chicken Breast, potato carrots peas	★	Sweet & Sour Chicken steamed rice mixed veg	☐ ★☐
Turkey/Chicken Stir Fry rice noodles asian veg	★☐	Chicken Mushroom roast potatoes green beans	★
Beef Goulash potatoes brussel sprouts	★	Beef Pot Roast potato carrots peas	★☐
Beef Casserole potato mash baked pumpkin peas	★	Beef Stroganoff, broccoli carrots & potato	★
BBQ Sausage pan fried potato broccoli baked beans	☐	Pork Sausage onion gravy m/potato carrot peas	★☐
Pork Steak Diane potatoes carrots cabbage	★	Lamb Casserole potato mash broccoli	★☐
Lamb Bourguignon sweet potato bake	★☐		

**Premium Main Meals \$7.00**

Vegetarian Cottage pie, pumpkin & peas	☐ ★	Vegetable Pasta Bake, carrots & beans	☐ ☐
Macaroni Cheese, vege melange & peas	☐	Spinach & Cheese Risotto, broccoli & carrots	☐ ☐ ▲ ★
Fish Cake & parsley sauce, fries carrots broccoli	☐ ▲	Curry Prawns with Asian greens & rice	☐ ☐ ★
Curried Chicken, boiled rice broccoli & carrots	☐ ☐ ▲	Chicken & Aparagus Mornay, potato beans vege	☐ ▲
Chicken Schnitzel & gravy, chips carrots & vege	☐ ☐	Chicken Scallopini & Bacon, potato carrots & veg	☐ ★
Chicken & Vegetable Pie potato pumpkin peas	☐ ☐ ▲	Chicken Strips, lemon sauce rice peas & vege	
Honey Soy Chicken fried rice carrots & beans	☐ ☐	Chicken Parmigiana potato pumpkin peas	
Beef & Bacon casserole, potato pumpkin broccoli	☐ ▲ ☐ ★	Beef Lasagne, pumpkin & beans	☐
Beef Pie & gravy, potato mash & peas	☐	Silverside, potato carrots cauliflower	★
Cottage Pie, pumpkin & beans	☐ ☐ ★	Honey Mustard Beef, potato carrots cauliflower	☐ ☐ ★ ☐
Roast Beef with gravy potato pumpkin & peas	☐ ★ ☐	Rissole & onion gravy, potato mash & veges	☐
Spaghetti Bolognese w zucchini eggplant & leek	☐	Steak & Kidney Pie, potato mash carrots beans	☐
Veal Parmigiana potato mash carrots & peas	☐ ★	Vienna Schnitzel & gravy, potato & vege	☐ ☐
Ham Steak & Pineapple, potato pumpkin beans	☐ ▲ ★	Ham & Cheese Omelette, rice carrots & beans	☐ ★
Pork, Apple & Cranberry Casserole rice & vege	☐ ☐ ▲ ☐ ★	Pork in BBQ sauce, fried rice & veges	☐ ☐ ☐
Roast Pork apple gravy, pumpkin mash & veges	★	Sweet & Sour Pork with rice broccoli & carrots	☐ ☐ ☐
Roast Lamb & gravy, roast potato pumpkin beans	☐ ▲ ☐ ★	Crumbed Lamb Patties, potato mash & veges	
		Mongolian Lamb, Thai vegetables & rice	☐ ☐ ☐

**Fresh Salad \$7.00 - Friday meal delivery only. Please pre-order by Wednesday each week**

**Recommended Heating instructions for 1,000 watt microwave**

Mini meals 4 minutes on high DO NOT THAW

Main meals 6 minutes on high DO NOT THAW

Soups - thaw in refrigerator heat for 2 minutes

Desserts - thaw in refrigerator

**DIET KEY LEGEND**    ☐ SOFT    ☐ LOW FAT    ▲ LOW SALT    ★ GLUTEN FREE    ☐ LACTOSE FREE

## September 2018 - Menu

**Restaurant quality meals delivered FREE by friendly volunteers**

Snap Frozen Meal Menu - Great taste and value			
Mini Meals \$4.80			
Beef & Bacon Casserole, potato pumpkin broccoli	0 ▲ + ★	Beef Stroganoff & rice, carrots & peas	0 ▢ ★
Cottage Pie, pumpkin & beans	0 ▢ ★	Silverside & parsley sauce, potato carrots peas	▢ ★
Meat Pie & gravy, potato mash & peas	0	Roast Beef & gravy, roast potato pumpkin beans	▲ + ★
Spaghetti Bolognese, pumpkin & peas	0	Steak & Kidney Pie, potato mash carrots beans	0
Sausages & gravy, potato mash carrots beans	★	Roast Lamb & gravy, roast potato pumpkin beans	▲ + ★
Pork in BBQ sauce, fried rice carrots broccoli	0 +	Roast Pork & gravy, roast potato pumpkin peas	▲ + ★
Curried Chicken & rice, carrots broccoli	0 ▢ ▲	Chicken & Asparagus Mornay, potato & vege	0 ▲
Chicken Scallopini & bacon potato carrots broccoli	0 ★	Chicken Wing in BBQ sauce & fried rice	+ ★
Chicken and vege pie, potato pumpkin peas	0 ▲	Curried Prawns & rice, vege melange & peas	0 ▢ ★
Crumbed Fish & Chips, oven fries pumpkin peas	0 +	Spinach & Fetta Omelette, pumpkin & Thai vege	0 ★
Macaroni Cheese, vege melange	0		
Soups \$2.60			
Tomato	0 ★	Minestrone	0 ▢
Pumpkin	0 ▢ ★	Pea and Ham	0 ▢ ★
Creamy Chicken and Vegetable	0 ▢ ★	Beef and Vegetable	0 ▢ + ★
Potato & Leek	0 ▢	Corn & Bacon chowder	★
Chicken & Corn	★	Chicken and Vegetable broth	0 ▢ ★ +
Standards Desserts \$3.00			
Double Chocolate Pudding	0 ▲	Wine Trifle with cream	0 ▲
Peaches and custard	0 ▢ ▲	Rice Pudding	0 ★
Sticky Date with caramel sauce	0	Stewed Apple & custard	0 ▢ ▲
Tiramisu	★	Apple Rhubarb Crumble & custard	0 ▲
Berry Crumble & custard	★	Chocolate Mousse	0 ▢ ▲ ★
Carrot Cake	0	Bread & Butter pudding	0
Vanilla Tea Cake and custard	0	Mango Flavoured Mousse	0 ▢ ▲ ★
Banana Cake	0	Lemon Cheesecake	0 ▲ ★
Tropical Pavlova	★		
Premium Desserts \$3.20			
Choc Rocher Slice with cream	0 ▲ ★	Apple Pie and cream	0 ▲
Strawberry Swirl Cheesecake	0	Apricot Pie and cream	0 ▲
Blended and Pureed Meals \$7.80			
Available for special dietary needs. Please ask when ordering.			
Recommended Heating instructions for 1,000 watt microwave			
Mini meals 4 minutes on high DO NOT THAW	Main meals 6 minutes on high DO NOT THAW		
Soups - thaw in refrigerator heat for 2 minutes	Desserts - thaw in refrigerator		
DIET KEY LEGEND			
0	SOFT	▢	LOW FAT
▲	LOW SALT	★	GLUTEN FREE
+	LACTOSE FREE		