

September 2019 - 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 | ☐ | Curry Prawns with Asian greens & rice | ☐ ☐ ☐ ★ |
| Fish Cake & parsley sauce, fries carrots broccoli | ☐ ☐ | Chicken & Aparagus Mornay, potato beans vege | ☐ ☐ |
| Curried Chicken, boiled rice broccoli & carrots | ☐ ☐ ☐ | Chicken Scallopini & Bacon, potato carrots & veg | ☐ ★ |
| Chicken Schnitzel & gravy, chips carrots & vege | ☐ | Chicken Strips, lemon sauce rice peas & vege | |
| Chicken & Vegetable Pie potato pumpkin peas | ☐ ☐ ☐ | Chicken Parmigiana potato pumpkin peas | |
| Honey Soy Chicken fried rice carrots & beans | ☐ | Beef Lasagne, pumpkin & beans | ☐ |
| Beef & Bacon casserole, potato pumpkin broccoli | ☐ ☐ ☐ ★ | Silverside, potato carrots cauliflower | ★ |
| Beef Pie & gravy, potato mash & peas | ☐ | Honey Mustard Beef, potato & vegetable mix | ☐ ☐ ★ ☐ |
| Cottage Pie, pumpkin & beans | ☐ ☐ ★ | Rissole & onion gravy, potato mash & veges | ☐ |
| Roast Beef with gravy potato pumpkin & peas | ☐ ☐ ★ ☐ | Steak & Kidney Pie, potato mash carrots beans | ☐ |
| Spaghetti Bolognaise w zucchini eggplant & leek | ☐ | Vienna Schnitzel & gravy, potato & vege mix | ☐ |
| Veal Parmigiana potato mash carrots & peas | ☐ ☐ ★ | Curried sausages potato mash beans carrots | ☐ |
| Ham Steak & Pineapple, potato pumpkin beans | ☐ ☐ ★ | Ham & Cheese Omelette, rice carrots & beans | ☐ ☐ |
| Pork, Apple & Cranberry Casserole rice & vege | ☐ ☐ ☐ ☐ | Pork in BBQ sauce, fried rice & vege mix | ☐ ☐ ☐ |
| 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 \$8.00 - Friday meal delivery only.
 Please pre-order by Wednesday each week

Recommended Heating instructions for 1,000 watt microwave
 heating times may vary with microwave strength

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

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| Snap Frozen Meal Menu - Great taste and value | | | |
|---|--|--|-------------|
| Mini Meals \$5.00 | | | |
| 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 | ▲ + ★ |
| Chicken & mushroom pie, chips & vege | | 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 \$3.30 | | | |
| Strawberry Swirl Cheesecake | 0 | Apple Pie and cream | 0 ▲ |
| | | Apricot Pie and cream | 0 ▲ |
| Blended and Pureed Meals \$6.50 | | | |
| Available for special dietary needs. Please ask when ordering. | | | |
| Recommended Heating instructions for 1,000 watt microwave heating times may vary with microwave strength | | | |
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| Soups - thaw in refrigerator heat for 2 minutes | Desserts - thaw in refrigerator | | |
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| ▲ | LOW SALT | ★ | GLUTEN FREE |
| + | LACTOSE FREE | | |