

ST GEORGE MEALS ON WHEELS NSW

Telephone: 9584 1286 BULK Menu 2019 - Week 1

Main Meal - Temperature/Texture

frozen

puree cut up normal

Select your meals by colouring in the boxes COMPLETELY with a black pen like this: ■

Do not write notes on the menu. Write on a separate piece of paper if needed.

Complete ALL 4 menus within 7 days and return to **volunteer**

FROZEN MEAL DELIVERY DAYS: XXXXX Tuesday Wednesday Thursday

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Frozen Soups \$3.50	Variety 1 Chicken & Veg. <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	<input type="checkbox"/>
	Variety 2 Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Chicken & Veg. <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Chicken & Veg. <input type="checkbox"/>	<input type="checkbox"/>
	Variety 3 Potato & Leek <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	<input type="checkbox"/>
Main Meals \$7.80 (D) = good choice for DIABETICS.	Main 1 Chicken & Leek Pie (D) <input type="checkbox"/>	Lemon Chicken White Sauce (D) <input type="checkbox"/>	Baked Fish w Hollandaise Sauce (D) <input type="checkbox"/>	Poached Fish w White Sauce (D) <input type="checkbox"/>	Meatloaf with Gravy (D) <input type="checkbox"/>	<input type="checkbox"/>
	Main 2 Beef Stroganoff (D) <input type="checkbox"/>	Roast Lamb w Mint Jelly & Gravy (D) <input type="checkbox"/>	Grilled Pork Sausages w Gravy (D) <input type="checkbox"/>	Beef Ragout (D) <input type="checkbox"/>	Roast Chicken with Gravy (D) <input type="checkbox"/>	<input type="checkbox"/>
Carbohydrates Choose 1 only	Pasta <input type="checkbox"/> Rice <input type="checkbox"/>	Mash Potato <input type="checkbox"/> Roast Potato <input type="checkbox"/>	Parsley Potato <input type="checkbox"/> Roast Pumpkin <input type="checkbox"/>	Sweet Potato <input type="checkbox"/> Rice <input type="checkbox"/>	Roast Potato <input type="checkbox"/> Mash Potato <input type="checkbox"/>	<input type="checkbox"/>
Vegetables Choose any 2 for each day you receive a meal.	Carrots <input type="checkbox"/> Peas <input type="checkbox"/> Green Beans <input type="checkbox"/> Pumpkin <input type="checkbox"/>	Cabbage <input type="checkbox"/> Zucchini <input type="checkbox"/> Corn <input type="checkbox"/> Mix Veg <input type="checkbox"/>	Carrots <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Green Beans <input type="checkbox"/> Corn <input type="checkbox"/>	Mix Veg <input type="checkbox"/> Broccoli <input type="checkbox"/> Carrots <input type="checkbox"/> Zucchini <input type="checkbox"/>	Spinach <input type="checkbox"/> Mix Veg <input type="checkbox"/> Cabbage <input type="checkbox"/> Pumpkin <input type="checkbox"/>	<input type="checkbox"/>
Desserts \$3.50 (L) = Low Fat /Low Chol. Dessert	Dessert 1 Lemon Yoghurt Cake <input type="checkbox"/> Whipped Cream <input type="checkbox"/>	Lamington w Whipped Cream <input type="checkbox"/>	Boiled Fruit Cake w Custard <input type="checkbox"/>	Apple Pie Whipped Cream <input type="checkbox"/>	Trifle Whipped Cream <input type="checkbox"/>	<input type="checkbox"/>
	Dessert 2 Brown Rice Pudding <input type="checkbox"/> Sliced Pears <input type="checkbox"/>	Creme Caramel <input type="checkbox"/>	Peach Crumble Whipped Cream <input type="checkbox"/>	Fruit Salad w Custard <input type="checkbox"/>	Coconut Slab Caramel Sauce <input type="checkbox"/>	<input type="checkbox"/>
Dessert Diabetic	Brown Rice Pudding (D) <input type="checkbox"/> Sliced Pears Diabetic <input type="checkbox"/>	Creme Caramel Diabetic (D) <input type="checkbox"/>	Peach Crumble Whipped Cream Diabetic (D) <input type="checkbox"/>	Fruit Salad w Custard Diabetic (D) <input type="checkbox"/>	Coconut Slab Caramel Sauce Diabetic (D) <input type="checkbox"/>	<input type="checkbox"/>
Fruit Juices \$0.70	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	<input type="checkbox"/>
	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	<input type="checkbox"/>

ST GEORGE MEALS ON WHEELS NSW

Telephone: 9584 1286 BULK Menu 2019 - Week 2

Main Meal - Temperature/Texture

frozen

puree cut up normal

Select your meals by colouring in the boxes COMPLETELY with a black pen like this: ■
Do not write notes on the menu. Write on a separate piece of paper if needed.

Complete ALL 4 menus within 7 days and return to **volunteer**

FROZEN MEAL DELIVERY DAYS: XXXXXX Tuesday Wednesday Thursday

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Frozen Soups \$3.50	Variety 1 Chicken & Veg. <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	<input type="checkbox"/>
	Variety 2 Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Chicken & Veg <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Chicken & Veg <input type="checkbox"/>	<input type="checkbox"/>
	Variety 3 Potato & Leek <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	<input type="checkbox"/>
Main Meals \$7.80 <small>(D) = good choice for DIABETICS.</small>	Main 1 Lamb Casserole (D) <input type="checkbox"/>	Beef Bistek (D) <input type="checkbox"/>	Fish w Ginger & Shallot Sauce (D) <input type="checkbox"/>	Apricot Chicken (D) <input type="checkbox"/>	Tuna Mornay (D) <input type="checkbox"/>	<input type="checkbox"/>
	Main 2 Fish Cake (D) <input type="checkbox"/>	Honey Chicken with Sesame Seed <input type="checkbox"/>	Beef Mince Bolognese Sauce (D) <input type="checkbox"/>	Roast Pork w Apple Sauce & Gravy <input type="checkbox"/>	Beef Randang <input type="checkbox"/>	<input type="checkbox"/>
Carbohydrates Choose 1 only	Potato Wedges <input type="checkbox"/>	Roast Pumpkin <input type="checkbox"/>	Sweet Potato <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Roast Pumpkin <input type="checkbox"/>	<input type="checkbox"/>
	Parsley Potato <input type="checkbox"/>	Rice <input type="checkbox"/>	Spaghetti <input type="checkbox"/>	Potato Wedges <input type="checkbox"/>	Rice <input type="checkbox"/>	<input type="checkbox"/>
Vegetables Choose any 2 for each day you receive a meal.	Carrots <input type="checkbox"/>	Brussel Sprouts <input type="checkbox"/>	Carrots <input type="checkbox"/>	Spinach <input type="checkbox"/>	Carrots <input type="checkbox"/>	<input type="checkbox"/>
	Zucchini <input type="checkbox"/>	Peas <input type="checkbox"/>	Peas <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Green Beans <input type="checkbox"/>	<input type="checkbox"/>
	Corn <input type="checkbox"/>	Cauliflower <input type="checkbox"/>	Cabbage <input type="checkbox"/>	Zucchini <input type="checkbox"/>	Corn <input type="checkbox"/>	<input type="checkbox"/>
	Mix Veg <input type="checkbox"/>	Cheesy Broccoli <input type="checkbox"/>	Mix Veg <input type="checkbox"/>	Peas <input type="checkbox"/>	Cabbage <input type="checkbox"/>	<input type="checkbox"/>
Desserts \$3.50 <small>(L) = Low Fat /Low Chol.</small>	Dessert 1 Choc Cake <input type="checkbox"/>	Caramel Slice <input type="checkbox"/>	Coconut & Date Cake w Whipped Cream <input type="checkbox"/>	Lemon Slice <input type="checkbox"/>	Stewed Apple w Custard (D) <input type="checkbox"/>	<input type="checkbox"/>
	Dessert 2 Chocolate Icing <input type="checkbox"/>			Whipped Cream <input type="checkbox"/>		<input type="checkbox"/>
Dessert Diabetic	Creamy Rice Sliced Peaches <input type="checkbox"/>	Apricot Crumble Whipped Cream <input type="checkbox"/>	Fruit Custard w Whipped Cream <input type="checkbox"/>	Baked Apple with Custard <input type="checkbox"/>	Pumpkin Pie with Whipped Cream <input type="checkbox"/>	<input type="checkbox"/>
	Creamy Rice w Peaches Diabetic (D) <input type="checkbox"/>	Apricot Crumble Whipped Cream Diabetic (D) <input type="checkbox"/>	Fruit Custard w Whipped Cream Diabetic (D) <input type="checkbox"/>	Baked Apple with Custard Diabetic (D) <input type="checkbox"/>	Stewed Apple w Custard Diabetic (D) <input type="checkbox"/>	<input type="checkbox"/>
Fruit Juices \$0.70	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	<input type="checkbox"/>
	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	<input type="checkbox"/>



ST GEORGE MEALS ON WHEELS NSW

Telephone: 9584 1286 BULK Menu 2019 - Week 3

Main Meal - Temperature/Texture

frozen

puree cut up normal

Select your meals by colouring in the boxes COMPLETELY with a black pen like this: ■

Do not write notes on the menu. Write on a separate piece of paper if needed.

Complete ALL 4 menus within 7 days and return to **volunteer**

FROZEN MEAL DELIVERY DAYS: XXXXXX Tuesday Wednesday Thursday

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Frozen Soups \$3.50	Variety 1 Chicken & Veg. <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	<input type="checkbox"/>
	Variety 2 Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Chicken & Veg. <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	<input type="checkbox"/>
	Variety 3 Potato & Leek <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	<input type="checkbox"/>
Main Meals \$7.80	Main 1 Roast Beef with Gravy (D) <input type="checkbox"/>	Chicken Oriental (D) <input type="checkbox"/>	Lamb & Mint Sausages w Gravy (D) <input type="checkbox"/>	Pork Schnitzel with Gravy (D) <input type="checkbox"/>	Quiche Lorraine <input type="checkbox"/>	<input type="checkbox"/>
	Main 2 Chicken w Peppers (D) <input type="checkbox"/>	Beef Lasagne (D) <input type="checkbox"/>	Veal Goulash (D) <input type="checkbox"/>	Steak & Kidney Pie <input type="checkbox"/>	Fish Escabeche (D) <input type="checkbox"/>	<input type="checkbox"/>
Carbohydrates Choose 1 only	Roast Potato <input type="checkbox"/> Rice <input type="checkbox"/>	Rice <input type="checkbox"/> Sweet Potato <input type="checkbox"/>	Potato Wedges <input type="checkbox"/> Rice <input type="checkbox"/>	Roast Pumpkin <input type="checkbox"/> Parsley Potato <input type="checkbox"/>	Roast Potato <input type="checkbox"/> Mash Potato <input type="checkbox"/>	<input type="checkbox"/>
Vegetables Choose any 2 for each day you receive a meal.	Carrots <input type="checkbox"/> Peas <input type="checkbox"/> Mix Veg <input type="checkbox"/> Cauliflower <input type="checkbox"/>	Zucchini <input type="checkbox"/> Corn <input type="checkbox"/> Green Beans <input type="checkbox"/> Pumpkin <input type="checkbox"/>	Cauliflower <input type="checkbox"/> Carrots <input type="checkbox"/> Broccoli <input type="checkbox"/> Mix Veg <input type="checkbox"/>	Green Beans <input type="checkbox"/> Carrots <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Zucchini <input type="checkbox"/>	Cabbage <input type="checkbox"/> Pumpkin <input type="checkbox"/> Peas <input type="checkbox"/> Spinach <input type="checkbox"/>	<input type="checkbox"/>
Desserts \$3.50	Dessert 1 Carrot & Walnut Cake <input type="checkbox"/> Cream Cheese Icing <input type="checkbox"/>	Mango Mousse w sliced mango <input type="checkbox"/>	Orange&Poppy Seed cake w Whipped Cream <input type="checkbox"/>	Custard Tart <input type="checkbox"/>	Baked Custard with Peaches <input type="checkbox"/>	<input type="checkbox"/>
	(L) = Low Fat /Low Chol. Dessert 2 Port wine Fruit Jelly Whipped Cream <input type="checkbox"/>	Cupcake with Jam Whipped Cream <input type="checkbox"/>	Sultana & Custard Slice <input type="checkbox"/>	Sliced Peaches Whipped Cream <input type="checkbox"/>	Baked Pears with Custard <input type="checkbox"/>	<input type="checkbox"/>
(D) = good choice for DIABETICS.	Port wine Fruit Jelly Whipped Cream (D) <input type="checkbox"/>	Cupcake with Jam Whipped Cream (D) <input type="checkbox"/>	Sultana & Custard Slice (D) <input type="checkbox"/>	Sliced Peaches Whipped Cream (D) <input type="checkbox"/>	Baked Pears with Custard (D) <input type="checkbox"/>	<input type="checkbox"/>
Fruit Juices \$0.70	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	<input type="checkbox"/>
	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	<input type="checkbox"/>

ST GEORGE MEALS ON WHEELS NSW

Telephone: 9584 1286 BULK Menu 2019 - Week 4

Main Meal - Temperature/Texture

frozen

puree cut up normal

Select your meals by colouring in the boxes COMPLETELY with a black pen like this: ■
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Complete ALL 4 menus within 7 days and return to **volunteer**

FROZEN MEAL DELIVERY DAYS: XXXXXX Tuesday Wednesday Thursday

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Frozen Soups \$3.50	Variety 1 Chicken & Veg. <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	<input type="checkbox"/>
	Variety 2 Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Chicken & Veg <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Chicken & Veg <input type="checkbox"/>	<input type="checkbox"/>
	Variety 3 Potato & Leek <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	<input type="checkbox"/>
Main Meals \$7.80	Main 1 Corned Silverside w Parsley Sauce (D) <input type="checkbox"/>	Irish Lamb Stew (D) <input type="checkbox"/>	Beef Stir Fry (D) <input type="checkbox"/>	Devilled Beef Sausages (D) <input type="checkbox"/>	Baked Fish with Tomato & Cheese (D) <input type="checkbox"/>	<input type="checkbox"/>
	Main 2 Thai Green Curry Chicken <input type="checkbox"/>	Pork Stir Fry (D) <input type="checkbox"/>	Crumbed Fish Tartare Sauce (D) <input type="checkbox"/>	Chicken Schitzel with Gravy (D) <input type="checkbox"/>	Shepherd's Pie (D) <input type="checkbox"/>	<input type="checkbox"/>
Carbohydrates Choose 1 only	Rice <input type="checkbox"/>	Sweet Potato <input type="checkbox"/>	Potato Wedges <input type="checkbox"/>	Mash Potato <input type="checkbox"/>	Rice <input type="checkbox"/>	<input type="checkbox"/>
	Mash Potato <input type="checkbox"/>	Roast Pumpkin <input type="checkbox"/>	Rice <input type="checkbox"/>	Couscous <input type="checkbox"/>	Sweet Potato <input type="checkbox"/>	<input type="checkbox"/>
Vegetables Choose any 2 for each day you receive a meal.	Pumpkin <input type="checkbox"/>	Peas <input type="checkbox"/>	Spinach <input type="checkbox"/>	Baked Cauliflower <input type="checkbox"/>	Cabbage <input type="checkbox"/>	<input type="checkbox"/>
	Broccoli <input type="checkbox"/>	Mix Veg <input type="checkbox"/>	Carrots <input type="checkbox"/>	Green Beans <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	<input type="checkbox"/>
	Brussel Sprouts <input type="checkbox"/>	Cauliflower <input type="checkbox"/>	Cabbage <input type="checkbox"/>	Carrots <input type="checkbox"/>	Peas <input type="checkbox"/>	<input type="checkbox"/>
	Carrots <input type="checkbox"/>	Zucchini <input type="checkbox"/>	Mix Veg <input type="checkbox"/>	Corn <input type="checkbox"/>	Spinach <input type="checkbox"/>	<input type="checkbox"/>
Desserts \$3.50	Dessert 1 Blueberry Muffin Whipped Cream <input type="checkbox"/>	Pineapple Upside Down Cake Whipped Cream <input type="checkbox"/>	Sponge Cake w Jam Whipped Cream <input type="checkbox"/>	Sticky date Pudding w Caramel Sauce <input type="checkbox"/>	Vanilla Slice <input type="checkbox"/>	<input type="checkbox"/>
	Dessert 2 Two Fruits <input type="checkbox"/>	Creamy Sago with Coconut Cream <input type="checkbox"/>	Blancmange Jelly Whipped Cream <input type="checkbox"/>	Stawberry Fruit Jelly w Custard <input type="checkbox"/>	Bread & Butter Pudding Slice Pears <input type="checkbox"/>	<input type="checkbox"/>
(D) = good choice for DIABETICS.	Two Fruits (D) <input type="checkbox"/>	Creamy Sago with Coconut Cream (D) <input type="checkbox"/>	Blancmange Jelly Whipped Cream (D) <input type="checkbox"/>	Stawberry Fruit Jelly (D) w Custard <input type="checkbox"/>	Bread & Butter Pudding Slice Pears (D) <input type="checkbox"/>	<input type="checkbox"/>
	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	<input type="checkbox"/>
Fruit Juices \$0.70	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	<input type="checkbox"/>
						<input type="checkbox"/>

