

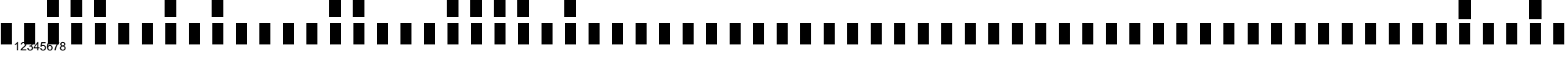
Main Meal - Temperature/Texture		
chilled	hot	frozen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
puree	cut up	normal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# ST GEORGE MEALS ON WHEELS NSW - Tel: 9584 1286

Fresh Menu 2019- Week 1

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**

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>SATURDAY &amp; SUNDAY</b> <b>Frozen Meals &amp; Desserts</b> <b>Meals delivered on Friday</b>
<b>Frozen Soups</b> <b>\$3.50</b>	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"/>	Grilled Fish Tartare Sauce <input type="checkbox"/> (D) Roast Pump, Green Beans, Carrots <input type="checkbox"/> Pars.Pot., Brussel Sprouts, Carrots <input type="checkbox"/> Pork Casserole (D) <input type="checkbox"/> Roast Pump, Green Beans, Carrots <input type="checkbox"/> Pars.Pot., Brussel Sprouts, Carrots <input type="checkbox"/> Chicken & Vegetable Casserole (D) <input type="checkbox"/> Roast Pot, Peas, Pumpkin <input type="checkbox"/> Mash Potato, Cabbage, Spinach <input type="checkbox"/> Beef Machado (D) <input type="checkbox"/> Roast Pot, Peas, Pumpkin <input type="checkbox"/> Mash Potato, Cabbage, Spinach <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"/>	
	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"/>	
<b>Main Meals</b> <b>\$7.80</b> (D) = good choice for <b>DIABETICS.</b>	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"/>	<b>Desserts</b> Lemon Yoghurt Cake Whipped Cream <input type="checkbox"/> Apple Pie with Whipped Cream <input type="checkbox"/> Brown Rice Pudding Slice Pears (D) <input type="checkbox"/> Peach Crumble Whipped Cream (D) <input type="checkbox"/> <input type="checkbox"/>
	Main 2 Chicken w Peppers (D) <input type="checkbox"/>	Beef Lasagne <input type="checkbox"/>	Veal Goulash (D) <input type="checkbox"/>	Steak & Kidney Pie <input type="checkbox"/>	Fish Escabeche (D) <input type="checkbox"/>	
<b>Carbohydrates</b> 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"/>	<b>Fruit Juices (Max. 2 Juices)</b> Orange Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/> Apple Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/>
<b>Vegetables</b> 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"/>	
<b>Salads</b> <b>\$7.80</b>	Variety 1 Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	<b>Desserts</b> Peach Crumble Whipped Cream (D) <input type="checkbox"/> <input type="checkbox"/>
	Variety 2 Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	
<b>Sandwiches</b> <b>\$7.80</b>	Variety 1 Cheese & Tomato <input type="checkbox"/>	Tuna & Mayo <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	Salmon & Mayo <input type="checkbox"/>	Chicken & Mayo <input type="checkbox"/>	<b>Fruit Juices (Max. 2 Juices)</b> Orange Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/> Apple Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/>
	Variety 2 Roast Beef with Mustard Pickle <input type="checkbox"/>	Corned Silverside with Mustard <input type="checkbox"/>	Roast Pork with Apple Sauce <input type="checkbox"/>	Roast lamb with Mint Jelly <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	
<b>Desserts</b> <b>\$3.50</b> (D) = good choice for <b>DIABETICS</b>	Dessert 1 Carrot & Walnut Cake Creamy Cheese Icing <input type="checkbox"/>	Mango Mousse Sliced Mango <input type="checkbox"/>	Orange&Poppy Seed Cake Whipped Cream <input type="checkbox"/>	Custard Tart <input type="checkbox"/>	Baked Custard with Peaches <input type="checkbox"/>	<b>Fruit Juices (Max. 2 Juices)</b> Orange Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/> Apple Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/>
	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"/>	
<b>Diabetic Desserts</b>	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"/>	<b>Fruit Juices (Max. 2 Juices)</b> Orange Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/> Apple Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/>
<b>Fruit Juices \$7.70</b>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	



Main Meal - Temperature/Texture		
chilled	hot	frozen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
puree	cut up	normal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# ST GEORGE MEALS ON WHEELS NSW - Tel: 9584 1286

## Fresh Menu 2019- Week 2

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**

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>SATURDAY &amp; SUNDAY</b> Frozen Meals & Desserts Meals delivered on Friday
<b>Frozen Soups \$3.50</b>	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"/>	Fish Oriental (D) <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"/>	Mash, Cauliflower, Green Beans <input type="checkbox"/> Couscous, Green Beans, Carrots <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"/>	Meatballs w Tomato (D) <input type="checkbox"/> Savoury Sauce Mash, Cauliflower, Green Beans <input type="checkbox"/> Couscous, Green Beans, Carrots <input type="checkbox"/>
<b>Main Meals \$7.80</b> (D) = good choice for DIABETICS.	Main 1 Corned Silverside Parsley Sauce (D) <input type="checkbox"/>	Irish Lamb Stew (D) <input type="checkbox"/>	Beef Stir Fry (D) <input type="checkbox"/>	Devilleed Beef Sausages (D) <input type="checkbox"/>	Baked Fish with Tomato & Cheese (D) <input type="checkbox"/>	Chicken Chow Mein (D) <input type="checkbox"/> Noodles, Cabbage, Peas <input type="checkbox"/> Noodles, Pumpkin, Spinach <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 Schnitzel w Gravy (D) <input type="checkbox"/>	Shepherd's Pie (D) <input type="checkbox"/>	
<b>Carbohydrates</b> Choose 1 only	Rice <input type="checkbox"/> Mash Potato <input type="checkbox"/>	Sweet Potato <input type="checkbox"/> Roast Pumpkin <input type="checkbox"/>	Potato Wedges <input type="checkbox"/> Rice <input type="checkbox"/>	Mash Potato <input type="checkbox"/> Couscous <input type="checkbox"/>	Rice <input type="checkbox"/> Sweet Potato <input type="checkbox"/>	Sweet & Sour Pork (D) <input type="checkbox"/> Rice, Cabbage, Peas <input type="checkbox"/> Sweet Pot., Pumpkin, Spinach <input type="checkbox"/>
<b>Vegetables</b> Choose any 2 for each day you receive a meal.	Pumpkin <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Carrots <input type="checkbox"/>	Peas <input type="checkbox"/> Mix Veg <input type="checkbox"/> Cauliflower <input type="checkbox"/> Zucchini <input type="checkbox"/>	Spinach <input type="checkbox"/> Carrots <input type="checkbox"/> Cabbage <input type="checkbox"/> Mix Veg <input type="checkbox"/>	Baked Cauliflower <input type="checkbox"/> Green Beans <input type="checkbox"/> Carrots <input type="checkbox"/> Corn <input type="checkbox"/>	Cabbage <input type="checkbox"/> Pumpkin <input type="checkbox"/> Peas <input type="checkbox"/> Spinach <input type="checkbox"/>	
<b>Salads \$7.80</b>	Variety 1 Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	<b>Desserts</b> Apricot Crumble Whipped Cream (D) <input type="checkbox"/> Lemon Slice w Whipped Cream <input type="checkbox"/> Creamy Rice Sliced Peaches (D) <input type="checkbox"/>
	Variety 2 Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	
<b>Sandwiches \$7.80</b>	Variety 1 Cheese & Tomato <input type="checkbox"/>	Tuna & Mayo <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	Salmon & Mayo <input type="checkbox"/>	Chicken & Mayo <input type="checkbox"/>	Pumpkin Pie w Whipped Cream <input type="checkbox"/> Bread & Butter Pudding Slice Pears <input type="checkbox"/>
	Variety 2 Roast Beef with Mustard Pickle <input type="checkbox"/>	Corned Silverside with Mustard <input type="checkbox"/>	Roast Pork with Apple Sauce <input type="checkbox"/>	Roast Lamb w Mint Jelly <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	
<b>Desserts \$3.50</b> (D) = good choice for DIABETICS.	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"/>	Fruit Juices (Max. 2 Juices) Orange Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/> Apple Juice 1 <input type="checkbox"/> 2 <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"/>	Strawberry Fruit Jelly w Custard <input type="checkbox"/>	Bread & Butter Pudding Slice Pears <input type="checkbox"/>	
<b>Diabetic Desserts</b>	Two Fruits (D) <input type="checkbox"/>	Creamy Sago with Coconut Cream (D) <input type="checkbox"/>	Blancmange Jelly Whipped Cream (D) <input type="checkbox"/>	Strawberry Fruit Jelly w Custard (D) <input type="checkbox"/>	Bread & Butter Pudding Slice Pears (D) <input type="checkbox"/>	
<b>Fruit Juices \$0.70</b>	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"/>	
	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"/>	



Main Meal - Temperature/Texture		
chilled	hot	frozen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
puree	cut up	normal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# ST GEORGE MEALS ON WHEELS NSW - Tel: 9584 1286

## Fresh Menu 2019 - Week 3

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**

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>SATURDAY &amp; SUNDAY</b> Frozen Meals & Desserts Meals delivered on Friday
<b>Frozen Soups</b> \$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"/>	Chicken, Mushroom, (D) <input type="checkbox"/> Bacon Boscaiola
	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"/>	Fettucine, Mix. Veg., Broccoli <input type="checkbox"/> Fettucine, Broccoli, Carrots <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"/>	Beef Tandoori <input type="checkbox"/> Sweet Pot., Mix. Veg., Broccoli <input type="checkbox"/> Rice, Broccoli, Carrots <input type="checkbox"/>
<b>Main Meals</b> \$7.80 (D) = good choice for DIABETICS.	Main 1 Chicken & Leek Pie (D) <input type="checkbox"/>	Roast Lamb w Mint Jelly & Gravy (D) <input type="checkbox"/>	Baked Fish Hollandaise Sauce (D) <input type="checkbox"/>	Poached Fish with White Sauce (D) <input type="checkbox"/>	Meatloaf with Gravy (D) <input type="checkbox"/>	Pork Apritada (D) <input type="checkbox"/> Roast Pot., Spinach, Pumpkin <input type="checkbox"/> Mash Pot., Mix. Veg., Cabbage <input type="checkbox"/>
	Main 2 Beef Stroganoff (D) <input type="checkbox"/>	Lemon Chicken White Sauce (D) <input type="checkbox"/>	Grilled Pork Sausages w Gravy (D) <input type="checkbox"/>	Beef Ragout (D) <input type="checkbox"/>	Roast Chicken w Gravy (D) <input type="checkbox"/>	
<b>Carbohydrates</b> 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"/>	Salmon Patties (D) <input type="checkbox"/> Tartare Sauce <input type="checkbox"/> Roast Pot., Spinach, Pumpkin <input type="checkbox"/> Mash Pot., Mix. Veg., Cabbage <input type="checkbox"/>
<b>Vegetables</b> 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"/>	<b>Desserts</b> (D) <input type="checkbox"/> Cupcake with Jam Whipped Cream <input type="checkbox"/> Sultana & Custard Slice (D) <input type="checkbox"/> Carrot & Walnut Cake Cream Cheese Icing <input type="checkbox"/>
<b>Salads</b> \$7.80	Variety 1 Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Custard Tart <input type="checkbox"/> Coconut Slab Caramel Sauce <input type="checkbox"/>
	Variety 2 Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	
<b>Sandwiches</b> \$7.80	Variety 1 Cheese & Tomato <input type="checkbox"/>	Tuna & Mayo <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	Salmon & Mayo <input type="checkbox"/>	Chicken & Mayo <input type="checkbox"/>	<b>Fruit Juices (Max. 2 Juices)</b> Orange Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/> Apple Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/>
	Variety 2 Roast Beef with Mustard Pickle <input type="checkbox"/>	Corned Silverside with Mustard <input type="checkbox"/>	Roast Pork with Apple Sauce <input type="checkbox"/>	Roast Lamb with Mint Jelly <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	
<b>Desserts</b> \$3.50 (D) = good choice for DIABETICS.	Dessert 1 Lemon Yoghurt Cake Whipped Cream <input type="checkbox"/>	Lamington with Whipped Cream <input type="checkbox"/>	Boiled Fruit Cake w Custard <input type="checkbox"/>	Apple Pie with Whipped Cream <input type="checkbox"/>	Trifle with Whipped Cream <input type="checkbox"/>	
	Dessert 2 Brown Rice Pudding Sliced Pears <input type="checkbox"/>	Creme Caramel <input type="checkbox"/>	Peach Crumble w Whipped Cream <input type="checkbox"/>	Fruit Salad w Custard <input type="checkbox"/>	Coconut Slab Caramel Sauce <input type="checkbox"/>	
<b>Diabetic Desserts</b>	Brown Rice Pudding Sliced Pears (D) <input type="checkbox"/>	Creme Caramel (D) <input type="checkbox"/>	Peach Crumble w Whipped Cream (D) <input type="checkbox"/>	Fruit Salad w Custard (D) <input type="checkbox"/>	Coconut Slab Caramel Sauce (D) <input type="checkbox"/>	
<b>Fruit Juices</b> \$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"/>	
	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"/>	

Main Meal - Temperature/Texture		
chilled	hot	frozen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
puree	cut up	normal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# ST GEORGE MEALS ON WHEELS NSW - Tel: 9584 1286

Fresh Menu 2019 - Week 4

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**

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>SATURDAY &amp; SUNDAY</b> <b>Frozen Meals &amp; Desserts</b> <b>Meals delivered on Friday</b>
<b>Frozen Soups</b> <b>\$3.50</b>	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"/>	Baked Fish Oriental Sauce <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"/>	(D) Pars.Pot.,Spinach,Pumpkin <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"/>	Roast Pot.,Pumpkin,Peas <input type="checkbox"/>
<b>Main Meals</b> <b>\$7.80</b> (D) = good choice for DIABETICS.	Main 1 Lamb Casserole (D) <input type="checkbox"/>	Beef Bistek (D) <input type="checkbox"/>	Fish w Ginger & Shallots Sauce (D) <input type="checkbox"/>	Apricot Chicken (D) <input type="checkbox"/>	Tuna Mornay (D) <input type="checkbox"/>	Veal & Vegetable Savoury (D) <input type="checkbox"/>
	Main 2 Fish Cake (D) <input type="checkbox"/>	Honey Chicken w Sesame Seed <input type="checkbox"/>	Beef Mince Bolognaise Sauce (D) <input type="checkbox"/>	Roast Pork with Apple Sauce & Gravy <input type="checkbox"/>	Beef Randang <input type="checkbox"/>	Pars.Pot.,Spinach,Pumpkin Roast Pot.,Pumpkin,Peas <input type="checkbox"/>
<b>Carbohydrates</b> Choose 1 only	Potato Wedges <input type="checkbox"/> Parsley Potato <input type="checkbox"/>	Roast Pumpkin <input type="checkbox"/> Rice <input type="checkbox"/>	Sweet Potato <input type="checkbox"/> Spaghetti <input type="checkbox"/>	Roast Potato <input type="checkbox"/> Potato Wedges <input type="checkbox"/>	Roast Pumpkin <input type="checkbox"/> Rice <input type="checkbox"/>	Roast Pump.,Carrots,Green Beans <input type="checkbox"/> Rice,Green Beans,Corn <input type="checkbox"/>
<b>Vegetables</b> Choose any 2 for each day you receive a meal.	Carrots <input type="checkbox"/> Zucchini <input type="checkbox"/> Corn <input type="checkbox"/> Mix Veg <input type="checkbox"/>	Brussel Sprouts <input type="checkbox"/> Peas <input type="checkbox"/> Cauliflower <input type="checkbox"/> Cheesy Broccoli <input type="checkbox"/>	Carrots <input type="checkbox"/> Peas <input type="checkbox"/> Cabbage <input type="checkbox"/> Mix Veg <input type="checkbox"/>	Spinach <input type="checkbox"/> Pumpkin <input type="checkbox"/> Zucchini <input type="checkbox"/> Peas <input type="checkbox"/>	Carrots <input type="checkbox"/> Green Beans <input type="checkbox"/> Corn <input type="checkbox"/> Cabbage <input type="checkbox"/>	Sweet & Sour Chicken <input type="checkbox"/> Roast Pump.,Carrots,Green Beans <input type="checkbox"/> Rice,Green Beans,Corn <input type="checkbox"/>
<b>Salads</b> <b>\$7.80</b>	Variety 1 Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	<b>Desserts</b> Creamy Sago Coconut Cream (D) <input type="checkbox"/> Blueberry Muffin w Whipped Cream <input type="checkbox"/> Bread & Butter Pudding (D) Slice Pears <input type="checkbox"/>
	Variety 2 Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	
<b>Sandwiches</b> <b>\$7.80</b>	Variety 1 Cheese & Tomato <input type="checkbox"/>	Tuna & Mayo <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	Salmon & Mayo <input type="checkbox"/>	Chicken & Mayo <input type="checkbox"/>	Sticky Date Pudding Caramel Sauce <input type="checkbox"/> Pumpkin Pie w Whipped Cream <input type="checkbox"/>
	Variety 2 Roast Beef with Mustard Pickle <input type="checkbox"/>	Corn Silverside with Mustard <input type="checkbox"/>	Roast Pork with Apple Sauce <input type="checkbox"/>	Roast Lamb with Mint Sauce <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	
<b>Desserts</b> <b>\$3.50</b> (D) = good choice for DIABETICS	Dessert 1 Choc Cake & Chocolate Icing <input type="checkbox"/>	Caramel Slice <input type="checkbox"/>	Coconut & Date Cake Whipped Cream <input type="checkbox"/>	Lemon Slice w Whipped Cream <input type="checkbox"/>	Stewed Apple w Custard <input type="checkbox"/>	<b>Fruit Juices (Max. 2 Juices)</b> Orange Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/> Apple Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/>
	Dessert 2 Creamy Rice w 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 w Whipped Cream <input type="checkbox"/>	
<b>Diabetic Desserts</b>	Creamy Rice w Sliced Peaches (D) <input type="checkbox"/>	Apricot Crumble Whipped Cream (D) <input type="checkbox"/>	Fruit Custard w Whipped Cream (D) <input type="checkbox"/>	Baked Apple with Custard (D) <input type="checkbox"/>	Stewed Apple w Custard (D) <input type="checkbox"/>	
<b>Fruit Juices</b> <b>\$0.70</b>	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"/>	
	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"/>	