

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 2020- Week 1

Mary JONES

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

Run Six

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> 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"/>	Beef Stroganoff <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"/>	(D) Roast Pot.,Pea,Carrots Pars.Pot.,Veg Med., Cauliflower <input type="checkbox"/>
	Variety 3 Cream of Mushroom <input type="checkbox"/>	Cream of Mushroom <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Cream of Mushroom <input type="checkbox"/>	Cream of Mushroom <input type="checkbox"/>	Quiche Lorraine (D) <input type="checkbox"/>
<b>Main Meals</b> \$7.80	Main 1 Roast Beef with Gravy (D) <input type="checkbox"/>	Sweet Korma Curry (D) <input type="checkbox"/>	Grilled Fish w Tartare Sauce (D) <input type="checkbox"/>	Pork Schnitzel with Gravy (D) <input type="checkbox"/>	Beef Stew (D) <input type="checkbox"/>	Roast Pot.,Pea,Carrots Pars.Pot.,Veg Med., Cauliflower <input type="checkbox"/>
	(D) = good choice for DIABETICS. Main 2 Roast Chicken w skin and gravy (D) <input type="checkbox"/>	Lamb & Mint Sausages Onion Gravy (D) <input type="checkbox"/>	Veal Goulash (D) <input type="checkbox"/>	Steak & Kidney Pie <input type="checkbox"/>	Salmon Mornay (D) <input type="checkbox"/>	Chicken & Vegetable Casserole (D) <input type="checkbox"/>
<b>Carbohydrates</b> Choose 1 only	Roast Potato <input type="checkbox"/> Parsely Potato <input type="checkbox"/>	Rice <input type="checkbox"/> Mash Potato <input type="checkbox"/>	Potato Gems <input type="checkbox"/> Macaroni Pasta <input type="checkbox"/>	Potato Wedges <input type="checkbox"/> Couscous <input type="checkbox"/>	Steamed Potato <input type="checkbox"/> Sweet Potato <input type="checkbox"/>	Rice, Zucchini, Corn <input type="checkbox"/> Mash Potato,Gr. Beans,Pumpkin <input type="checkbox"/>
<b>Vegetables</b> Choose any 2 for each day you receive a meal.	Carrots <input type="checkbox"/> Peas <input type="checkbox"/> Veg Medley <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"/>	Tuna Pasta Bake (D) <input type="checkbox"/> Rice, Zucchini, Corn <input type="checkbox"/> Mash Potato,Gr. Beans,Pumpkin <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"/>	<b>Desserts</b> Peach Crumble (D) <input type="checkbox"/> Whipped Cream
	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"/>	Lemon Yoghurt Cake Whipped Cream <input type="checkbox"/>
	Variety 2 Roast Beef with Cheese & Chutney <input type="checkbox"/>	Corned Silverside w Mustard Pickle <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 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"/>	Fruit Flan w Whipped Cream <input type="checkbox"/>	Chocolate Chip Muffin with Whipped Cream <input type="checkbox"/>	Apple Pie Whipped Cream <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</b> \$7.70	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 2020 - Week 2

Mary JONES

Run Six

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</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"/>	Crumbed Fish (D) <input type="checkbox"/> Tartare Sauce Pot.Wed.,Pump,Broccoli Mash,Br.Sprouts,Carrots <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"/>	Pork Meatballs w Tomato Savoury Sauce (D) <input type="checkbox"/> Pot.Wed.,Pump,Broccoli Mash,Br.Sprouts,Carrots <input type="checkbox"/>
	Variety 3 Cream of Mushroom <input type="checkbox"/>	Cream of Mushroom <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Cream of Mushroom <input type="checkbox"/>	Cream of Mushroom <input type="checkbox"/>	Chick Mush Bacon (D) <input type="checkbox"/> Boscaiola Rice, Peas, Mix Veg Steam Pot.,Cauli.,Zucchini <input type="checkbox"/>
<b>Main Meals</b> \$7.80  (D) = good choice for <b>DIABETICS.</b>	Main 1 Corned Silverside Parsley Sauce (D) <input type="checkbox"/>	Dice Chick Cashew Stir Fry (D) <input type="checkbox"/>	Beef Ragout (D) <input type="checkbox"/>	Pork Stir Fry (D) <input type="checkbox"/>	Baked Fish with Hollandaise Sauce (D) <input type="checkbox"/>	Beef Lasagne <input type="checkbox"/> Rice, Peas, Mix Veg Steam Pot.,Cauli.,Zucchini <input type="checkbox"/>
	Main 2 Irish Lamb Stew (D) <input type="checkbox"/>	Fish w Black Bean Sauce (D) <input type="checkbox"/>	Pork Casserole (D) <input type="checkbox"/>	Chicken with Pepper (D) <input type="checkbox"/>	Shepherd's Pie (D) <input type="checkbox"/>	
<b>Carbohydrates</b> Choose 1 only	Potato Wedges <input type="checkbox"/> Mash Potato <input type="checkbox"/>	Rice <input type="checkbox"/> Steamed Potato <input type="checkbox"/>	Sweet Potato <input type="checkbox"/> Parsley Potato <input type="checkbox"/>	Mash Potato <input type="checkbox"/> Couscous <input type="checkbox"/>	Rice <input type="checkbox"/> Sweet Potato <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"/> Green Beans <input type="checkbox"/> Pumpkin <input type="checkbox"/>	Baked Cauliflower <input type="checkbox"/> Peas <input type="checkbox"/> Carrots <input type="checkbox"/> Corn <input type="checkbox"/>	Cabbage <input type="checkbox"/> Spinach <input type="checkbox"/> Veg. Medley <input type="checkbox"/> Carrots <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"/>	<b>Desserts</b> Creamy Rice with Slice Pears (D) <input type="checkbox"/> Apricot Crumble with Whipped Cream (D) <input type="checkbox"/> Lemon Slice Whipped Cream <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"/>	Pumpkin Pie Whipped Cream <input type="checkbox"/> Bread & Butter Pudding Slice Peaches <input type="checkbox"/>
	Variety 2 Roast Beef with Cheese & Chutney <input type="checkbox"/>	Corned Silverside with Mustard Pickle <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</b> \$3.50 (D) = good choice for <b>DIABETICS.</b>	Dessert 1 Lamingtons 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"/>	
	Dessert 2 Two Fruits <input type="checkbox"/>	Creamy Sago with Coconut Cream <input type="checkbox"/>	Blancmange Jelly Whipped Cream <input type="checkbox"/>	Creme Caramel <input type="checkbox"/>	Bread & Butter Pudding Slice Peaches <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"/>	Creme Caramel (D) <input type="checkbox"/>	Bread & Butter Pudding Slice Peaches (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</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 2020 - Week 3

Mary JONES

Run Six

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 Chow Mein (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"/>	Pea & Ham <input type="checkbox"/>	Pot.Gems,Carrots, Peas Couscous,Gr.Beans,Pumpkin <input type="checkbox"/>
	Variety 3 Cream of Mushroom <input type="checkbox"/>	Cream of Mushroom <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Cream of Mushroom <input type="checkbox"/>	Cream of Mushroom <input type="checkbox"/>	Tuna Patties Tartare Sauce <input type="checkbox"/>
<b>Main Meals</b> \$7.80  (D) = good choice for DIABETICS.	Main 1 Chicken & Leek Pie (D) <input type="checkbox"/>	Grilled Lemon Thigh Chicken (D) <input type="checkbox"/>	Braised Beef (D) <input type="checkbox"/>	Poached Fish with White Sauce (D) <input type="checkbox"/>	Chicken Schnitzel with Gravy (D) <input type="checkbox"/>	Pot.Gems,Carrots, Peas Couscous,Gr.Beans,Pumpkin <input type="checkbox"/>
	Main 2 Beef Sausages with Gravy (D) <input type="checkbox"/>	Baked Fish with Tomato & Cheese (D) <input type="checkbox"/>	Pork Apritada (D) <input type="checkbox"/>	Meatloaf with Gravy (D) <input type="checkbox"/>	Roast Lamb with Mint Jelly & Gravy(D) <input type="checkbox"/>	Sweet & Sour Pork (D) <input type="checkbox"/>
<b>Carbohydrates</b> Choose 1 only	Potato Gems <input type="checkbox"/> Couscous <input type="checkbox"/>	Mash Potato <input type="checkbox"/> Roast Potato <input type="checkbox"/>	Parsley Potato <input type="checkbox"/> Rice <input type="checkbox"/>	Sweet Potato <input type="checkbox"/> Potato Wedges <input type="checkbox"/>	Roast Potato <input type="checkbox"/> Mash Potato <input type="checkbox"/>	Mash Pot.,Cabbage,Zucchini Roast Pot.,Corn,Veg.Medley <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"/> Veg. Medley <input type="checkbox"/>	Carrots <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Green Beans <input type="checkbox"/> Cauliflower <input type="checkbox"/>	Corn <input type="checkbox"/> Broccoli <input type="checkbox"/> Carrots <input type="checkbox"/> Zucchini <input type="checkbox"/>	Spinach <input type="checkbox"/> Mix Veg <input type="checkbox"/> Carrots <input type="checkbox"/> Pumpkin <input type="checkbox"/>	Lamb Casserole (D) <input type="checkbox"/>  Mash Pot.,Cabbage,Zucchini Roast Pot.,Corn,Veg.Medley <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"/>	<b>Desserts</b> Cupcake with Jam Whipped Cream (D) <input type="checkbox"/>  Sultana & Custard Slice(D) <input type="checkbox"/>  Carrot Walnut Cake Cream Cheese Icing <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"/>	Fruit Flan w Whipped Cream <input type="checkbox"/>  Coconut Slab Caramel Sauce <input type="checkbox"/>
	Variety 2 Roast Beef with Cheese & Chutney <input type="checkbox"/>	Corned Silverside with Mustard Pickle <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 Blueberry Muffin Whipped Cream <input type="checkbox"/>	Lemon Yoghurt Cake 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"/>	<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 Fruit Salad <input type="checkbox"/>	Brown Rice Pudding w Slice Pears <input type="checkbox"/>	Peach Crumble w Whipped Cream <input type="checkbox"/>	Strawberry Jelly w Custard <input type="checkbox"/>	Coconut Slab Caramel Sauce <input type="checkbox"/>	
<b>Diabetic Desserts</b>	Fruit Salad (D) <input type="checkbox"/>	Brown Rice Pudding(D) w Slice Pears <input type="checkbox"/>	Peach Crumble w Whipped Cream (D) <input type="checkbox"/>	Strawberry Jelly 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 2020 - Week 4

Mary JONES

Run Six

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"/>	Pea & Ham <input type="checkbox"/>	Couscous, Carrots, Zucchini (D) <input type="checkbox"/> Pars.Pot., Corn, Mix Veg <input type="checkbox"/>
	Variety 3 Cream of Mushroom <input type="checkbox"/>	Cream of Mushroom <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Cream of Mushroom <input type="checkbox"/>	Cream of Mushroom <input type="checkbox"/>	
<b>Main Meals</b> <b>\$7.80</b> (D) = good choice for DIABETICS.	Main 1 Lamb Sweet Moroccan Sauce (D) <input type="checkbox"/>	Deville Pork Sausages (D) <input type="checkbox"/>	Fish w Ginger & Shallots Sauce (D) <input type="checkbox"/>	Apricot Chicken (D) <input type="checkbox"/>	Fish Cake (D) <input type="checkbox"/>	Veal & Vegetable Savoury (D) <input type="checkbox"/> Couscous, Carrots, Zucchini <input type="checkbox"/> Pars.Pot., Corn, Mix Veg <input type="checkbox"/>
	Main 2 Beef Bistek (D) <input type="checkbox"/>	Honey Chicken w Sesame Seed <input type="checkbox"/>	Beef Mince Bolognese Sauce (D) <input type="checkbox"/>	Roast Pork with Apple Sauce & Gravy (D) <input type="checkbox"/>	Beef Randang <input type="checkbox"/>	Mongolian Beef (D) <input type="checkbox"/>
<b>Carbohydrates</b> Choose 1 only	Couscous <input type="checkbox"/> Parsley Potato <input type="checkbox"/>	Steamed Potato <input type="checkbox"/> Rice <input type="checkbox"/>	Sweet Potato <input type="checkbox"/> Spaghetti <input type="checkbox"/>	Roast Potato <input type="checkbox"/> Mash Potato <input type="checkbox"/>	Potato Wedges <input type="checkbox"/> Rice <input type="checkbox"/>	Steamed Pot., Brussel Sprouts, Peas <input type="checkbox"/> Rice, Cauliflower, Cheesy Broccoli <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"/> Green Beans <input type="checkbox"/> Cabbage <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/>	Spinach <input type="checkbox"/> Pumpkin <input type="checkbox"/> Zucchini <input type="checkbox"/> Peas <input type="checkbox"/>	Carrots <input type="checkbox"/> Peas <input type="checkbox"/> Corn <input type="checkbox"/> Cabbage <input type="checkbox"/>	Chicken Cacciatore (D) <input type="checkbox"/> Steamed Pot., Brussel Sprouts, Peas <input type="checkbox"/> Rice, Cauliflower, Cheesy Broccoli <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 with Coconut Cream (D) <input type="checkbox"/> Bread & Butter Pudding Slice Peaches (D) <input type="checkbox"/> Sticky Date Pudding 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> <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"/>	
	Variety 2 Roast Beef with Cheese & Chutney <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 Walnut Slice <input type="checkbox"/>	Pineapple & Date Cake Whipped Cream <input type="checkbox"/>	Lemon Slice w Whipped Cream <input type="checkbox"/>	Pumpkin Pie w Whipped Cream <input type="checkbox"/>	Pineapple Upside Down Cake Whipped Cream <input type="checkbox"/>
	Dessert 2 Creamy Rice w Sliced Pears <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"/>	Stewed Apple w Custard <input type="checkbox"/>	
<b>Diabetic Desserts</b>	Creamy Rice w Sliced Pears (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 (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 \$0.70</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"/>	