

# ST GEORGE MEALS ON WHEELS NSW

Telephone: 9584 1286 BULK Menu 2020 - Week 1

Main Meal - Temperature/Texture

frozen

puree  cut up  normal

Mary JONES

Run Six

FROZEN MEAL DELIVERY DAYS: XXXXX  Tuesday  Wednesday  Thursday

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>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"/>	<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 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"/>	<input type="checkbox"/>
<b>Main Meals</b> \$7.80	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 w White Sauce (D) <input type="checkbox"/>	Chicken Schnitzel with Gravy (D) <input type="checkbox"/>	<input type="checkbox"/>
	Main 2 (D) = good choice for DIABETICS. 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"/>	<input type="checkbox"/>
<b>Carbohydrates</b> Choose 1 only	Potato Gems <input type="checkbox"/>	Mash Potato <input type="checkbox"/>	Parsley Potato <input type="checkbox"/>	Sweet Potato <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	<input type="checkbox"/>
	Couscous <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Rice <input type="checkbox"/>	Potato Wedges <input type="checkbox"/>	Mash Potato <input type="checkbox"/>	<input type="checkbox"/>
<b>Vegetables</b> Choose any 2 for each day you receive a meal.	Carrots <input type="checkbox"/>	Cabbage <input type="checkbox"/>	Carrots <input type="checkbox"/>	Corn <input type="checkbox"/>	Spinach <input type="checkbox"/>	<input type="checkbox"/>
	Peas <input type="checkbox"/>	Zucchini <input type="checkbox"/>	Brussel Sprouts <input type="checkbox"/>	Broccoli <input type="checkbox"/>	Mix Veg <input type="checkbox"/>	<input type="checkbox"/>
	Green Beans <input type="checkbox"/>	Corn <input type="checkbox"/>	Green Beans <input type="checkbox"/>	Carrots <input type="checkbox"/>	Carrots <input type="checkbox"/>	<input type="checkbox"/>
	Pumpkin <input type="checkbox"/>	Veg. Medley <input type="checkbox"/>	Cauliflower <input type="checkbox"/>	Zucchini <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	<input type="checkbox"/>
<b>Desserts</b> \$3.50	Dessert 1 Blueberry Muffin <input type="checkbox"/>	Lemon Yoghurt Cake <input type="checkbox"/>	Boiled Fruit Cake w Custard <input type="checkbox"/>	Apple Pie <input type="checkbox"/>	Trifle <input type="checkbox"/>	<input type="checkbox"/>
	Dessert 2 (L) = Low Fat /Low Chol. Fruit Salad <input type="checkbox"/>	Brown Rice Pudding w slice pears <input type="checkbox"/>	Peach Crumble Whipped Cream <input type="checkbox"/>	Stawberry Jelly w Custard <input type="checkbox"/>	Coconut Slab Caramel Sauce <input type="checkbox"/>	<input type="checkbox"/>
<b>Dessert Diabetic</b>	Fruit Salad (D) <input type="checkbox"/>	Brown Rice Pudding w slice pears Diabetic (D) <input type="checkbox"/>	Peach Crumble Whipped Cream Diabetic (D) <input type="checkbox"/>	Stawberry Jelly w Custard Diabetic (D) <input type="checkbox"/>	Coconut Slab Caramel Sauce Diabetic (D) <input type="checkbox"/>	<input type="checkbox"/>
						<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"/>	<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 2020 - Week 2

Main Meal - Temperature/Texture

frozen

puree  cut up  normal

Mary JONES

Run Six

FROZEN MEAL DELIVERY DAYS: XXXXXX  Tuesday  Wednesday  Thursday

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>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"/>	<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 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"/>	<input type="checkbox"/>
<b>Main Meals</b> \$7.80  (D) = good choice for DIABETICS.	Main 1 Lamb Sweet Moroccan Sauce (D) <input type="checkbox"/>	Devilled Pork Sausages (D) <input type="checkbox"/>	Fish w Ginger & Shallot Sauce (D) <input type="checkbox"/>	Apricot Chicken <input type="checkbox"/>	Fish Cake (D) <input type="checkbox"/>	<input type="checkbox"/>
	Main 2 Beef Bistek (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 (D) <input type="checkbox"/>	Beef Randang <input type="checkbox"/>	<input type="checkbox"/>
<b>Carbohydrates</b> Choose 1 only	Couscous <input type="checkbox"/>	Steamed Potato <input type="checkbox"/>	Sweet Potato <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Potato Wedges <input type="checkbox"/>	<input type="checkbox"/>
	Parsley Potato <input type="checkbox"/>	Rice <input type="checkbox"/>	Spaghetti <input type="checkbox"/>	Mash Potato <input type="checkbox"/>	Rice <input type="checkbox"/>	<input type="checkbox"/>
<b>Vegetables</b> 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"/>	Green Beans <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Peas <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"/>	Brussel Sprouts <input type="checkbox"/>	Peas <input type="checkbox"/>	Cabbage <input type="checkbox"/>	<input type="checkbox"/>
<b>Desserts</b> \$3.50  (L) = Low Fat /Low Chol. Dessert	Dessert 1 Choc Cake <input type="checkbox"/>	Caramel Walnut Slice <input type="checkbox"/>	Pineapple & Date Cake w Whipped Cream <input type="checkbox"/>	Lemon Slice Whipped Cream <input type="checkbox"/>	Pumpkin Pie with Whipped Cream <input type="checkbox"/>	<input type="checkbox"/>
	Dessert 2 Creamy Rice 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"/>	<input type="checkbox"/>
<b>Dessert Diabetic</b>	Creamy Rice w Pears 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"/>
<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"/>	<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 2020 - Week 3

Main Meal - Temperature/Texture

frozen

puree  cut up  normal

Mary JONES

Run Six

FROZEN MEAL DELIVERY DAYS: XXXXXX  Tuesday  Wednesday  Thursday

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>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"/>	<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 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"/>	<input type="checkbox"/>
<b>Main Meals</b> \$7.80	Main 1 Roast Beef with Gravy (D) <input type="checkbox"/>	Sweet Korma Curry Chicken (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"/>	<input type="checkbox"/>
	Main 2 Roast Chicken w Skin & 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"/>	<input type="checkbox"/>
<b>Carbohydrates</b> Choose 1 only	Roast Potato <input type="checkbox"/>	Rice <input type="checkbox"/>	Potato Gems <input type="checkbox"/>	Potato Wedges <input type="checkbox"/>	Steamed Potato <input type="checkbox"/>	<input type="checkbox"/>
	Parsley Potato <input type="checkbox"/>	Mash Potato <input type="checkbox"/>	Macaroni Pasta <input type="checkbox"/>	Couscous <input type="checkbox"/>	Sweet Potato <input type="checkbox"/>	<input type="checkbox"/>
<b>Vegetables</b> Choose any 2 for each day you receive a meal.	Carrots <input type="checkbox"/>	Zucchini <input type="checkbox"/>	Cauliflower <input type="checkbox"/>	Green Beans <input type="checkbox"/>	Cabbage <input type="checkbox"/>	<input type="checkbox"/>
	Peas <input type="checkbox"/>	Corn <input type="checkbox"/>	Carrots <input type="checkbox"/>	Carrots <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	<input type="checkbox"/>
	Veg. Medley <input type="checkbox"/>	Green Beans <input type="checkbox"/>	Broccoli <input type="checkbox"/>	Brussel Sprouts <input type="checkbox"/>	Peas <input type="checkbox"/>	<input type="checkbox"/>
	Cauliflower <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Mix Veg <input type="checkbox"/>	Zucchini <input type="checkbox"/>	Spinach <input type="checkbox"/>	<input type="checkbox"/>
<b>Desserts</b> \$3.50	Dessert 1 Carrot & Walnut Cake Cream Cheese Icing <input type="checkbox"/>	Mango Mousse w sliced mango <input type="checkbox"/>	Orange&Poppy Seed cake w Whipped Cream <input type="checkbox"/>	Fruit Flan w Whipped Cream <input type="checkbox"/>	Chocolate Chip Muffin w Whipped Cream <input type="checkbox"/>	<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"/>	<input type="checkbox"/>
<b>(D) = good choice for DIABETICS.</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"/>	<input type="checkbox"/>
						<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"/>	<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 2020 - Week 4

Main Meal - Temperature/Texture

frozen

puree  cut up  normal

Mary JONES

Run Six

FROZEN MEAL DELIVERY DAYS: XXXXXX  Tuesday  Wednesday  Thursday

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>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"/>	<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 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"/>	<input type="checkbox"/>
<b>Main Meals</b> \$7.80	Main 1 Corned Silverside w 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"/>	<input type="checkbox"/>
	Main 2 Irish Lamb Stew (D) <input type="checkbox"/>	Fish 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"/>	<input type="checkbox"/>
<b>Carbohydrates</b> Choose 1 only	Potato Wedges <input type="checkbox"/>	Rice <input type="checkbox"/>	Sweet Potato <input type="checkbox"/>	Mash Potato <input type="checkbox"/>	Rice <input type="checkbox"/>	<input type="checkbox"/>
	Mash Potato <input type="checkbox"/>	Steamed Potato <input type="checkbox"/>	Parsley Potato <input type="checkbox"/>	Couscous <input type="checkbox"/>	Sweet Potato <input type="checkbox"/>	<input type="checkbox"/>
<b>Vegetables</b> 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"/>	Peas <input type="checkbox"/>	Spinach <input type="checkbox"/>	<input type="checkbox"/>
	Brussel Sprouts <input type="checkbox"/>	Cauliflower <input type="checkbox"/>	Green Beans <input type="checkbox"/>	Carrots <input type="checkbox"/>	Veg. Medley <input type="checkbox"/>	<input type="checkbox"/>
	Carrots <input type="checkbox"/>	Zucchini <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Corn <input type="checkbox"/>	Carrots <input type="checkbox"/>	<input type="checkbox"/>
<b>Desserts</b> \$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"/>	Creme Caramel <input type="checkbox"/>	Bread & Butter Pudding Slice Peaches <input type="checkbox"/>	<input type="checkbox"/>
<b>(D) = good choice for DIABETICS.</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"/>	<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"/>
<b>Fruit Juices</b> \$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"/>