

ST GEORGE MEALS ON WHEELS NSW

Telephone: 9584 1286 BULK Menu 2021 - Week 1

Main Meal - Temperature/Texture

frozen

puree cut up normal

Valma Slade
9150 7148 R6

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 Cream of Tomato <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"/>	Cream of Tomato <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"/>
Main Meals \$7.80 (D) = good choice for DIABETICS.	Main 1 Chicken & Leek Pie (D) <input type="checkbox"/>	Grilled Chicken with Creamy Mushroom Garlic Sauce (D) <input type="checkbox"/>	Beef Mince Bolognaise Sauce (D) <input type="checkbox"/>	Poached Fish w Parsely Sauce (D) <input type="checkbox"/>	Chicken Schnitzel with Gravy (D) <input type="checkbox"/>	<input type="checkbox"/>
	Main 2 Beef Sausages with Gravy (D) <input type="checkbox"/>	Baked Fish with Tomato & Cheese (D) <input type="checkbox"/>	Pork Plum Sauce (D) <input type="checkbox"/>	Meatloaf with Gravy (D) <input type="checkbox"/>	Roast Lamb with Mint Jelly & Gravy (D) <input type="checkbox"/>	<input type="checkbox"/>
Carbohydrates Choose 1 only	Potato Gems <input type="checkbox"/> Couscous <input type="checkbox"/>	Mash Potato <input type="checkbox"/> Roast Potato <input type="checkbox"/>	Spaghetti <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"/>	<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"/> 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"/>	<input type="checkbox"/>
Desserts \$3.50 (L) = Low Fat /Low Chol. Dessert	Dessert 1 Chocolate Cake & Chocolate Icing <input type="checkbox"/>	Lemon Yoghurt Cake Whipped Cream <input type="checkbox"/>	Chocolate Mousse with Chocolate Bites <input type="checkbox"/>	Apple Pie Whipped Cream <input type="checkbox"/>	Trifle Whipped Cream <input type="checkbox"/>	<input type="checkbox"/>
	Dessert 2 Fruit Salad <input type="checkbox"/>	Rice Pudding with Custard <input type="checkbox"/>	Peach Crumble Whipped Cream <input type="checkbox"/>	Pineapple Jelly with Whipped Cream <input type="checkbox"/>	Coconut Slab Caramel Sauce <input type="checkbox"/>	<input type="checkbox"/>
Dessert Diabetic	Fruit Salad Diabetic (D) <input type="checkbox"/>	Rice Pudding with Custard Diabetic (D) <input type="checkbox"/>	Peach Crumble Whipped Cream Diabetic (D) <input type="checkbox"/>	Pineapple Jelly with Whipped Cream (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"/>