

ST GEORGE MEALS ON WHEELS NSW

Telephone: 9584 1286 BULK Menu 2021 - Week 2

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: XXXXXX Tuesday Wednesday Thursday

WEEK 2	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 <small>(D) = good choice for DIABETICS.</small>	Main 1 Lamb's Fry with Bacon (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"/>	Chicken in Honey and Soy <input type="checkbox"/>	Beef & Veg Pie (D) <input type="checkbox"/>	Roast Pork w Apple Sauce & Gravy (D) <input type="checkbox"/>	Beef Randang <input type="checkbox"/>	<input type="checkbox"/>
Carbohydrates 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"/>	Steamed Potato <input type="checkbox"/>	Mash Potato <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"/>	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"/>
Desserts \$3.50 <small>(L) = Low Fat / Low Chol.</small>	Dessert 1 Mixed Berry Muffin with Whipped Cream <input type="checkbox"/>	Pineapple Upside Down Whipped Cream <input type="checkbox"/>	Sponge Cake w Jam and 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 Pears with Custard <input type="checkbox"/>	Stewed Apple w Custard <input type="checkbox"/>	<input type="checkbox"/>
Dessert Diabetic	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 Pears 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"/>