

ST GEORGE MEALS ON WHEELS NSW

Telephone: 9584 1286 BULK Menu 2021 - Week 3

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 3 | 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 | Main 1 Roast Beef with Gravy (D) <input type="checkbox"/> | Roast Chicken with Skin and Gravy (D) <input type="checkbox"/> | Grilled Fish w Tartare Sauce (D) <input type="checkbox"/> | Pork Schnitzel with Gravy (D) <input type="checkbox"/> | Persian Beef Stew (D) <input type="checkbox"/> | <input type="checkbox"/> |
| | Main 2 (D) = good choice for DIABETICS. Malay Stule Curry Chicken (D) <input type="checkbox"/> | Steak & Kidney Pie (D) <input type="checkbox"/> | Veal Stew (D) <input type="checkbox"/> | Chicken Sausages with Gravy <input type="checkbox"/> | Salmon & Potato Bake with Coriander (D) <input type="checkbox"/> | <input type="checkbox"/> |
| Carbohydrates Choose 1 only | Roast Potato <input type="checkbox"/> | Rice <input type="checkbox"/> | Potato Gems <input type="checkbox"/> | Potato Wedges <input type="checkbox"/> | Rice <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"/> |
| Vegetables 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"/> |
| Desserts \$3.50 | Dessert 1 (L) = Low Fat /Low Chol. Orange Cake with Whipped Cream <input type="checkbox"/> | Mango Mousse w sliced mango <input type="checkbox"/> | Carrot Walnut Cake Creamy Cheese Icing <input type="checkbox"/> | Custard Tart with Whipped Cream <input type="checkbox"/> | Chocolate Chip Muffin w Whipped Cream <input type="checkbox"/> | <input type="checkbox"/> |
| | Dessert 2 Fruit Jelly with 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 Apples with Custard <input type="checkbox"/> | <input type="checkbox"/> |
| (D) = good choice for DIABETICS. | Fruit Jelly with 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 Apples with Custard (D) <input type="checkbox"/> | <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"/> |