

ST GEORGE MEALS ON WHEELS NSW

Telephone: 9584 1286 BULK Menu 2021 - Week 4

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 4 | 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 Corned Silverside w Parsley Sauce (D) <input type="checkbox"/> | Chicken a la King (D) <input type="checkbox"/> | Beef with tomato & Mushroom Braised(D) <input type="checkbox"/> | Chicken Stir Fry (D) <input type="checkbox"/> | Fish Black Bean Sauce (D) <input type="checkbox"/> | <input type="checkbox"/> |
| | Main 2 (D) = good choice for DIABETICS. Pork Patties with Apple Maple Sauce <input type="checkbox"/> | Baked Fish with Hollandaise Sauce (D) <input type="checkbox"/> | Pork Casserole (D) <input type="checkbox"/> | Irish Lamb Stew (D) <input type="checkbox"/> | Shepherd's Pie (D) <input type="checkbox"/> | <input type="checkbox"/> |
| Carbohydrates Choose 1 only | Potato Wedges <input type="checkbox"/> | Rice <input type="checkbox"/> | Sweet Potato <input type="checkbox"/> | Mash Potato <input type="checkbox"/> | Couscous <input type="checkbox"/> | <input type="checkbox"/> |
| | Mash Potato <input type="checkbox"/> | Steamed Potato <input type="checkbox"/> | Parsley Potato <input type="checkbox"/> | Rice <input type="checkbox"/> | Sweet Potato <input type="checkbox"/> | <input type="checkbox"/> |
| Vegetables 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"/> |
| Desserts \$3.50 | Dessert 1 Lamington Whipped Cream <input type="checkbox"/> | Apricot Upside Down Cake Whipped Cream <input type="checkbox"/> | Pineapple Date Cake with Whipped Cream <input type="checkbox"/> | Vanilla Slice <input type="checkbox"/> | Sticky date Pudding w Caramel Sauce <input type="checkbox"/> | <input type="checkbox"/> |
| | Dessert 2 (L) = Low Fat /Low Chol. Dessert Two Fruits <input type="checkbox"/> | Creamy Sago with Coconut Cream <input type="checkbox"/> | Blancmange Jelly Whipped Cream <input type="checkbox"/> | Bread & Butter Pudding w Slice Peaches <input type="checkbox"/> | Crema Caramel <input type="checkbox"/> | <input type="checkbox"/> |
| (D) = good choice for DIABETICS. | Two Fruits (D) <input type="checkbox"/> | Creamy Sago with Coconut Cream (D) <input type="checkbox"/> | Blancmange Jelly Whipped Cream (D) <input type="checkbox"/> | Bread & Butter Pudding w Slice Peaches (D) <input type="checkbox"/> | Crema Caramel (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"/> |

