

Main Meal - Temperature/Texture		
chilled	hot	frozen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
puree	cut up	normal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# ST GEORGE MEALS ON WHEELS NSW - Tel: 9584 1286

Fresh Menu 2021 - Week 1

Mary JONES

Select your meals by colouring in the boxes COMPLETELY with a black pen like this:

Run Six

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>SATURDAY &amp; SUNDAY</b> Frozen Meals & Desserts Meals delivered on Friday
<b>Frozen Soups</b> \$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"/>	<b>Chicken Stroganoff</b> <input type="checkbox"/> (D) Potato Gems, Carrots, Peas Couscous, Green Beans, Pumpkin
	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"/>	
	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"/>	
<b>Main Meals</b> \$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"/>	<b>Quiche Lorraine</b> <input type="checkbox"/> Potato Gems, Carrots, Peas Couscous, Green Beans, Pumpkin
	(D) = good choice for DIABETICS. Main 2 Malay Style Curry Chicken (D) <input type="checkbox"/>	Steak & Kidney Pie <input type="checkbox"/>	Veal Stew (D) <input type="checkbox"/>	Chicken Sausages with Gravy (D) <input type="checkbox"/>	Salmon & Potato Bake with Coriander (D) <input type="checkbox"/>	
<b>Carbohydrates</b> Choose 1 only	Roast Potato <input type="checkbox"/> Parsely Potato <input type="checkbox"/>	Rice <input type="checkbox"/> Mash Potato <input type="checkbox"/>	Potato Gems <input type="checkbox"/> Macaroni Pasta <input type="checkbox"/>	Potato Wedges <input type="checkbox"/> Couscous <input type="checkbox"/>	Rice <input type="checkbox"/> Sweet Potato <input type="checkbox"/>	<b>Tuna Pasta Bake</b> (D) <input type="checkbox"/> Mash Potato, Cabbage, Zucchini Roast Potato, Corn, Veg. Medley
<b>Vegetables</b> Choose any 2 for each day you receive a meal.	Carrots <input type="checkbox"/> Peas <input type="checkbox"/> Veg Medley <input type="checkbox"/> Cauliflower <input type="checkbox"/>	Zucchini <input type="checkbox"/> Corn <input type="checkbox"/> Green Beans <input type="checkbox"/> Pumpkin <input type="checkbox"/>	Cauliflower <input type="checkbox"/> Carrots <input type="checkbox"/> Broccoli <input type="checkbox"/> Mix Veg <input type="checkbox"/>	Green Beans <input type="checkbox"/> Carrots <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Zucchini <input type="checkbox"/>	Cabbage <input type="checkbox"/> Pumpkin <input type="checkbox"/> Peas <input type="checkbox"/> Spinach <input type="checkbox"/>	
<b>Salads</b> \$7.80	Variety 1 Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	<b>Desserts</b> Peach Crumble (D) <input type="checkbox"/> Whipped Cream Rice Pudding with Custard (D) <input type="checkbox"/> Lemon Yoghurt Cake Whipped Cream
	Variety 2 Greek Salad, Mixed Bean Salad, Pasta Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Pasta Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Pasta Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Pasta Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Pasta Salad <input type="checkbox"/>	
<b>Sandwiches</b> \$7.80	Variety 1 Cheese & Tomato <input type="checkbox"/>	Salmon & Mayo <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	Tuna & Mayo <input type="checkbox"/>	Chicken & Mayo <input type="checkbox"/>	Apple Pie Whipped Cream
	Variety 2 Corned Silverside w Mustard Pickle <input type="checkbox"/>	Roast Beef with Cheese & Chutney <input type="checkbox"/>	Roast Pork with Apple Sauce <input type="checkbox"/>	Roast lamb with Mint Jelly <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	
<b>Desserts</b> \$3.50 (D) = good choice for DIABETICS	Dessert 1 Orange Cake with Whipped Cream <input type="checkbox"/>	Mango Mousse 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 with Whipped Cream <input type="checkbox"/>	<b>Fruit Juices (Max. 2 Juices)</b> Orange Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/> Apple Juice 1 <input type="checkbox"/> 2 <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"/>	
<b>Diabetic Desserts</b>	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"/>	
<b>Fruit Juices</b> \$7.70	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"/>	
	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"/>	