

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 2

Mary JONES

Run Six

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

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY Frozen Meals & Desserts Meals delivered on Friday
Frozen Soups \$3.50 Variety 1 Variety 2 Variety 3	Cream of Tomato <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Crumbed Fish Tartare Sauce (D) <input type="checkbox"/> Couscous, Carrots, Zucchini Parsley Potato, Corn, Mix Veg <input type="checkbox"/>
	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"/>	
	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"/>	
Main Meals \$7.80 Main 1 (D) = good choice for DIABETICS. Main 2	Corned Silverside 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 w Black Bean Sauce (D) <input type="checkbox"/>	Beef Rissoles with Gravy (D) <input type="checkbox"/> Couscous, Carrots, Zucchini Parsley Potato, Corn, Mix Veg <input type="checkbox"/>
	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"/>	
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"/>	Chick Mush Bacon Boscaiola (D) <input type="checkbox"/> Fettuccine, Brussel Sprouts, Peas Fettuccine, Cauli., Cheesy Broccoli <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"/>	
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"/>	Beef Lasagne <input type="checkbox"/> Steamed Pot, Brussel Sprouts, Peas Rice, Cauliflower., Cheesy Broccoli <input type="checkbox"/>
	Broccoli <input type="checkbox"/>	Mix Veg <input type="checkbox"/>	Carrots <input type="checkbox"/>	Peas <input type="checkbox"/>	Spinach <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"/>	
	Carrots <input type="checkbox"/>	Zucchini <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Corn <input type="checkbox"/>	Carrots <input type="checkbox"/>	
Salads \$7.80 Variety 1 Variety 2	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"/>	Desserts Creamy Rice with Slice Pears (D) <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"/>	Greek Salad, Mixed Bean Salad, Pasta Salad <input type="checkbox"/>	
Sandwiches \$7.80 Variety 1 Variety 2	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"/>	Apricot Crumble with Whipped Cream (D) <input type="checkbox"/> Lemon Slice Whipped Cream <input type="checkbox"/>
	Corned Silverside with Mustard Pickle <input type="checkbox"/>	Roast Beef with Cheese & Chutney <input type="checkbox"/>	Roast Pork with Apple Sauce <input type="checkbox"/>	Roast Lamb w Mint Jelly <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	
Desserts \$3.50 Dessert 1 (D) = good choice for DIABETICS. Dessert 2	Lamingtons 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"/>	Pumpkin Pie Whipped Cream <input type="checkbox"/>
	Two Fruits <input type="checkbox"/>	Creamy Sago with Coconut Cream <input type="checkbox"/>	Blancmange Jelly Whipped Cream <input type="checkbox"/>	Bread & Butter Pudding Slice Peaches <input type="checkbox"/>	Creme Caramel <input type="checkbox"/>	
Diabetic Desserts	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 Slice Peaches (D) <input type="checkbox"/>	Creme Caramel (D) <input type="checkbox"/>	Fruit Juices (Max. 2 Juices) Orange Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/> Apple Juice 1 <input type="checkbox"/> 2 <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"/>	
	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"/>	

