

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 3

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 3	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 Chow Mein (D)</b> <input type="checkbox"/> Noodles, Carrots, Peas <input type="checkbox"/> Noodles, Veg. Med., Cauliflower <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"/>	
	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 (D) = good choice for DIABETICS.	Main 1 Chicken & Leek Pie (D) <input type="checkbox"/>	Grilled Chicken with Creamy mushroom Garlic Sauce (D) <input type="checkbox"/>	Beef Mince Bolognaise Sauce (D) <input type="checkbox"/>	Poached Fish with Parsley Sauce (D) <input type="checkbox"/>	Chicken Schnitzel with Gravy (D) <input type="checkbox"/>	<b>Salmon Patties Tartare Sauce</b> <input type="checkbox"/> Roast Potato, Carrots, Peas (D) <input type="checkbox"/> Parsley Potato, Veg. Med., Cauliflower <input type="checkbox"/>
	Main 2 Beef Sausages with Gravy (D) <input type="checkbox"/>	Baked Fish with Tomato & Cheese (D) <input type="checkbox"/>	Pork Plum Sauce (D) <input type="checkbox"/>	Meatloaf with Gravy (D) <input type="checkbox"/>	Roast Lamb with Mint Jelly & Gravy (D) <input type="checkbox"/>	
<b>Carbohydrates</b> Choose 1 only	Potato Gems <input type="checkbox"/> Couscous <input type="checkbox"/>	Mash Potato <input type="checkbox"/> Roast Potato <input type="checkbox"/>	Spaghetti <input type="checkbox"/> Rice <input type="checkbox"/>	Sweet Potato <input type="checkbox"/> Potato Wedges <input type="checkbox"/>	Roast Potato <input type="checkbox"/> Mash Potato <input type="checkbox"/>	<b>Lamb Casserole (D)</b> <input type="checkbox"/> Rice, Zucchini, Corn <input type="checkbox"/> Mash Potato, Green Beans, Pumpkin <input type="checkbox"/>
<b>Vegetables</b> Choose any 2 for each day you receive a meal.	Carrots <input type="checkbox"/> Peas <input type="checkbox"/> Green Beans <input type="checkbox"/> Pumpkin <input type="checkbox"/>	Cabbage <input type="checkbox"/> Zucchini <input type="checkbox"/> Corn <input type="checkbox"/> Veg. Medley <input type="checkbox"/>	Carrots <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Green Beans <input type="checkbox"/> Cauliflower <input type="checkbox"/>	Corn <input type="checkbox"/> Broccoli <input type="checkbox"/> Carrots <input type="checkbox"/> Zucchini <input type="checkbox"/>	Spinach <input type="checkbox"/> Mix Veg <input type="checkbox"/> Carrots <input type="checkbox"/> Pumpkin <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> Cupcake with Jam Whipped Cream (D) <input type="checkbox"/> Sultana & Custard Slice (D) <input type="checkbox"/>
	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"/>	Carrot Walnut Cake Cream Cheese Icing <input type="checkbox"/>
	Variety 2 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 with Mint Jelly <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	
<b>Desserts</b> \$3.50 (D) = good choice for DIABETICS.	Dessert 1 Chocolate Cake & Chocolate Icing <input type="checkbox"/>	Lemon Yoghurt Cake Whipped Cream <input type="checkbox"/>	Chocolate Mousse with Chocolate Bites <input type="checkbox"/>	Apple Pie with Whipped Cream <input type="checkbox"/>	Trifle with Whipped Cream <input type="checkbox"/>	Custard Tart with Whipped Cream <input type="checkbox"/>
	Dessert 2 Fruit Salad <input type="checkbox"/>	Rice Pudding with Custard <input type="checkbox"/>	Peach Crumble w Whipped Cream <input type="checkbox"/>	Pineapple Jelly with Whipped Cream <input type="checkbox"/>	Coconut Slab Caramel Sauce <input type="checkbox"/>	
<b>Diabetic Desserts</b>	Fruit Salad (D) <input type="checkbox"/>	Rice Pudding with Custard (D) <input type="checkbox"/>	Peach Crumble w Whipped Cream (D) <input type="checkbox"/>	Pineapple Jelly with Whipped Cream (D) <input type="checkbox"/>	Coconut Slab Caramel Sauce (D) <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"/>
<b>Fruit Juices</b> \$0.70	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	