

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 4

Mary JONES

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.

Run Six

Complete ALL 4 menus within 7 days and return to volunteer

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY Frozen Meals & Desserts Meals delivered on 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"/>	Baked Fish Oriental Sauce <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"/>	(D) <input type="checkbox"/> Potato Wedges,Pumpkin,Broccoli Mash Potato,Brussel Sprouts,Carrots <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"/>	(D) <input type="checkbox"/> Veal & Vegetable Savoury Potato Wedges,Pumpkin,Broccoli Mash Potato,Brussel Sprouts,Carrots <input type="checkbox"/>
Main Meals \$7.80 (D) = good choice for DIABETICS.	Main 1 Lamb's Fry with Bacon (D) <input type="checkbox"/>	Devilleed Pork Sausages (D) <input type="checkbox"/>	Fish w Ginger & Shallots Sauce (D) <input type="checkbox"/>	Apricot Chicken (D) <input type="checkbox"/>	Fish Cake (D) <input type="checkbox"/>	(D) <input type="checkbox"/> Mongolian Beef (D) <input type="checkbox"/>
	Main 2 Beef Bistek (D) <input type="checkbox"/>	Chicken in Honey and Soy <input type="checkbox"/>	Beef & Veg Pie (D) <input type="checkbox"/>	Roast Pork with Apple Sauce & Gravy (D) <input type="checkbox"/>	Beef Randang <input type="checkbox"/>	(D) <input type="checkbox"/> Rice,Peas,Mix Veg Steamed Potato,Cauliflower,Zucchini <input type="checkbox"/>
Carbohydrates Choose 1 only	Couscous <input type="checkbox"/> Parsley Potato <input type="checkbox"/>	Steamed Potato <input type="checkbox"/> Rice <input type="checkbox"/>	Sweet Potato <input type="checkbox"/> Steamed Potato <input type="checkbox"/>	Roast Potato <input type="checkbox"/> Mash Potato <input type="checkbox"/>	Potato Wedges <input type="checkbox"/> Rice <input type="checkbox"/>	(D) <input type="checkbox"/> Sweet & Sour Chicken <input type="checkbox"/> Rice,Peas,Mix Veg Steamed Potato,Cauliflower,Zucchini <input type="checkbox"/>
Vegetables Choose any 2 for each day you receive a meal.	Carrots <input type="checkbox"/> Zucchini <input type="checkbox"/> Corn <input type="checkbox"/> Mix Veg <input type="checkbox"/>	Brussel Sprouts <input type="checkbox"/> Peas <input type="checkbox"/> Cauliflower <input type="checkbox"/> Cheesy Broccoli <input type="checkbox"/>	Carrots <input type="checkbox"/> Green Beans <input type="checkbox"/> Cabbage <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/>	Spinach <input type="checkbox"/> Pumpkin <input type="checkbox"/> Zucchini <input type="checkbox"/> Peas <input type="checkbox"/>	Carrots <input type="checkbox"/> Peas <input type="checkbox"/> Corn <input type="checkbox"/> Cabbage <input type="checkbox"/>	(D) <input type="checkbox"/> Creamy Sago with Coconut Cream (D) <input type="checkbox"/> Bread & Butter Pudding Slice Peaches (D) <input type="checkbox"/>
Salads \$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"/>	(D) <input type="checkbox"/> Sticky Date Pudding Caramel Sauce <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"/>	(D) <input type="checkbox"/> Apricot Upside Down Cake Whipped Cream <input type="checkbox"/>
Sandwiches \$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"/>	(D) <input type="checkbox"/> Fruit Juices (Max. 2 Juices)
	Variety 2 Corn 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 Sauce <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	Orange Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/> Apple Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/>
Desserts \$3.50 (D) = good choice for DIABETICS	Dessert 1 Mixed Berry Muffin with Whipped Cream <input type="checkbox"/>	Pineapple Upside Down Whipped Cream <input type="checkbox"/>	Sponge Cake w Jam and Whipped Cream <input type="checkbox"/>	Lemon Slice w Whipped Cream <input type="checkbox"/>	Pumpkin Pie w Whipped Cream <input type="checkbox"/>	
	Dessert 2 Creamy Rice w Sliced Pears <input type="checkbox"/>	Apricot Crumble Whipped Cream <input type="checkbox"/>	Fruit Custard w Whipped Cream <input type="checkbox"/>	Baked Pears with Custard <input type="checkbox"/>	Stewed Apple w Custard <input type="checkbox"/>	
Diabetic Desserts	Creamy Rice w Sliced Pears (D) <input type="checkbox"/>	Apricot Crumble Whipped Cream (D) <input type="checkbox"/>	Fruit Custard w Whipped Cream (D) <input type="checkbox"/>	Baked Pears with Custard (D) <input type="checkbox"/>	Stewed Apple w Custard (D) <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"/>	

