



Meals on Wheels - Sample Meal Plan

For the current meal plan, contact us on (07) 3354 3919

Please note - this is a sample meal plan. Adjustments can be made according to dietary requirements

DAY/DATE	QTY	CHILLED MEAL OPTION	DAY/DATE	QTY	FROZEN MEAL NUMBER OPTION
MONDAY		Meal 'A' – Oven baked parmesan crusted barramundi with creamy potato bake, mixed steamed vegetables, and shaved radish GF	MONDAY		
		Meal 'B' – Beef sausages topped with a rich onion gravy, and served with pumpkin and carrot mash, and steamed broccoli GF			
TUESDAY		Meal 'A' – Pickled pork topped with honey mustard gravy and served with parsley mashed potato and roasted vegetables	TUESDAY		
		Meal 'B' – Thai Chicken and Vegetable Curry served with steamed jasmine rice (Mild) GF			
WEDNESDAY		Meal 'A' – Shepherd's Pie served with steamed broccoli and honey glazed carrots GF	WEDNESDAY		
		Meal 'B' – SALAD - Veal tortellini salad with cherry tomatoes, baby rocket, green beans, and bocconcini topped with a balsamic dressing			
THURSDAY		Meal 'A' – Chicken Florentine – Diced chicken in a spinach and cream cheese sauce with a side of carrots, broccoli, and sliced braised potato GF	THURSDAY		
		Meal 'B' – Roast lamb with caramelised garlic and fresh mint sauce, Italian herbed potatoes, roast pumpkin, and broccoli GF			
FRIDAY		Meal 'A' – Roast lamb with caramelised garlic and fresh mint sauce, Italian herbed potatoes, roast pumpkin, and broccoli GF	FRIDAY		
		Meal 'B' – SALAD - Chicken, spinach and pine nut salad served with goats' cheese Spanish onion and dried raisins			

PLEASE TURN OVER FOR WEEK COMMENCING {date}

ORDER FORM TO BE RETURNED PRIOR TO TUESDAY {date}



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DAY/DATE	QTY	CHILLED MEAL OPTION	DAY/DATE	QTY	FROZEN MEAL NUMBER OPTION
MONDAY		Meal 'A' – Crumbed chicken Kiev served with mashed sweet potato, peas, and corn, topped with Cranberry Sauce	MONDAY		
		Meal 'B' – Oven baked curried pork sausages on a bed of jasmine rice, served with peas, steamed carrots, and roasted sweet potato GF			
TUESDAY		Meal 'A' – Slow-cooked pork and red wine casserole with bacon, buttered potato, peas, and corn GF	TUESDAY		
		Meal 'B' – Chicken Pasta Carbonara, Green beans and Baby spinach garnished with diced red capsicum			
WEDNESDAY		Meal 'A' – Roast pork and crackling topped with apple sauce, and served with seasonal roasted vegetables GF	WEDNESDAY		
		Meal 'B' – Beef casserole in a rich gravy, served with cauliflower, broccoli, and carrots, and parsley potatoes GF			
THURSDAY		Meal 'A' – Traditional beef meatloaf with cheesy mashed potato, steamed peas, carrots, and roasted pumpkin	THURSDAY		
		Meal 'B' – SALAD - Tuna and corn fritters topped with seeded mustard, and a bacon, potato, and pumpkin salad GF			
FRIDAY		Meal 'A' – Corned beef silverside with seeded mustard sauce, green beans, steamed carrots, and potato and chive mash GF	FRIDAY		
		Meal 'B' – Baked Barramundi in a seeded mustard sauce, pumpkin salsa, oven roasted potatoes and green beans			

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