

This menu starts from 03/11/2025

Nutrition & Food Services MEALS ON WHEELS MENU (1)

Monday			Tuesday			Wednesday			Thursday			Friday		
WEEK ONE	☐	Hawaiian Chicken & Rice or	☐	Cold Corned Beef & Salads (GF) or	☐	Roast Beef & Gravy (GF)	☐	Chicken Pie (GF) or	☐	Meat Loaf & Gravy or	Number of frozen meals REQ			
	☐	Oakhill Potato with Bacon or	☐	Bacon & Egg Pie or	☐	or Macaroni Cheese NO Bacon	☐	Pickled Pork & Mustard Sauce or	☐	Crumbed Fish & Tartare Sauce or				
	☐	Pumpkin Souffle (GF)	☐	Cottage Cheese Moussaka	☐		☐	Pumpkin & Spinach Tart	☐	Vegetarian Frittata (GF)				
	☐	Mashed Potato	☐	Gourmet Potato or Mashed Potato	☐	Roast Potato or Mashed Potato	☐	Gourmet Potato or Mashed Potato	☐	Parsley Potato or Mashed Potato				
	☐		☐		☐		☐		☐					
	☐		☐	Steamed Pudding & Custard or	☐	Mousse or	☐	Lemon Sponge or	☐	Fruit Shortcake & Custard or				
	☐	Creamy Rice & Canned Fruit	☐	Canned Fruit	☐	Canned Fruit	☐	Canned Fruit	☐	Canned Fruit				
	☐		☐		☐		☐		☐					
	☐		☐		☐		☐		☐					
WEEK TWO	Monday		Tuesday		Wednesday		Thursday		Friday		Number of frozen meals REQ			
	☐	Shepherds Pie (GF) or	☐	Baked Fish & Lemongrass Sce or	☐	Cold Ham & Salads or	☐	Roast Pork (GF) & Gravy &	☐	Curried Beef (GF) or				
	☐	Macaroni Cheese With Bacon or	☐	Baked Chicken (GF) Gravy or	☐	Beef Satay (GF) or	☐	Apple Sauce or	☐	Pork Chow Mein or				
	☐	Macaroni Cheese NO Bacon	☐	Egg & Vege Mornay	☐	Chinese Omelette	☐	Vegetarian Lasagne	☐	Vegetarian Scalloped Potato				
	☐	Parsley Potato or	☐	Rice or	☐	Rice or	☐	Roast Potato or	☐	Rice or				
	☐	Mashed Potato	☐	Mashed Potato	☐	Mashed Potato	☐	Mashed Potato	☐	Mashed Potato				
	☐		☐		☐		☐		☐					
	☐	Fruited Jelly or	☐	Dutch Apple Cake & Custard or	☐	Mousse or	☐	Fruit Crumble & Custard or	☐	Trifle or				
	☐	Yoghurt	☐	Canned Fruit	☐	Canned Fruit	☐	Canned Fruit	☐	Canned Fruit				

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Nutrition & Food Services MEALS ON WHEELS MENU (2)

Monday		Tuesday		Wednesday		Thursday		Friday				
WEEK THREE	☐	Curried Sausages (GF) Rice or Oakhill Potato with Bacon or Pumpkin Souffle	☐	Cold Ham & Salad or Creamed Chicken (GF) or Cottage Cheese Moussaka	☐	Roast Beef (GF) & Gravy or Vegetarian Quiche	☐	Chicken Pie (GF) or Pork Schnitzel & Gravy or Corn Fritter & Sweet Chilli Sauce	☐	Meat Loaf & Gravy or Crumbed Fish & Tartare Sauce or Vegetarian Frittata(GF)	Number of frozen meals REQ	
	☐	Mashed Potato	☐	Gourmet Potato or Mashed Potato	☐	Roast Potato or Mashed Potato	☐	Gourmet Potato or Mashed Potato	☐	Parsley Potato or Mashed Potato		
	☐	Creamy Rice & Canned Fruit	☐	Steamed Pudding & Custard or Canned Fruit	☐	Mousse or Canned Fruit	☐	Lemon Sponge or Canned Fruit	☐	Fruit Shortcake & Custard or Canned Fruit		
	Monday		Tuesday		Wednesday		Thursday		Friday			
	☐	Portuguese Chicken (GF) or Macaroni Cheese With Bacon or Pasta Ratatouille	☐	Smoked Fish Pasta or Beef Korma (GF) or Egg & Vege Mornay	☐	Baked Chicken(GF) & or Cold Ham & Salads or Chinese Omelette	☐	Roast Pork (GF)& Gravy & Apple Sauce or Vegetarian Lasagne	☐	Curried Beef (GF) or Pork Chow Mein or Vegetarian Scalloped Potato		Number of frozen meals REQ
	☐	Parsley Potato or Mashed Potato	☐	Rice or Mashed Potato	☐	Gourmet Potato or Mashed Potato	☐	Roast Potato or Mashed Potato	☐	Rice or Mashed Potato		
	☐	Fruited Jelly or Yoghurt	☐	Dutch Apple Cake & Custard or Canned Fruit	☐	Mousse or Canned Fruit	☐	Fruit Crumble & Custard or Canned Fruit	☐	Trifle or Canned Fruit		
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