

Client Name:

Date Received

Approved

Week 1**Monday 01/06/2025** No dessert today

- | | |
|-----------------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Grilled chicken breast marinated | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Steak Dianne Casserole | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |

Tuesday 02/06/2025

- | | |
|-------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Beef Rissoles | <input type="checkbox"/> Vegetables |
| | <input type="checkbox"/> Salad |
| <input type="checkbox"/> Honey Mustard Chicken | <input type="checkbox"/> Potato & veg |
| | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Bread + Butter Pudding | <input type="checkbox"/> Fruit Jelly + Custards |

Wednesday 03/06/26

- | | |
|-------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Chicken curry | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Lamb Chop + gravy | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Bread + Butter Pudding | <input type="checkbox"/> Fruit Jelly + Custards |

Thursday 04/06/26

- | | |
|---------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Silverside + White Sauce | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Apricot Chicken | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Bread + Butter Pudding | <input type="checkbox"/> Fruit Jelly + Custards |

Friday 05/06/26 Eating with Friends

- | | |
|-------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Curried Sausage | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Seafood Basket | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Bread + Butter Pudding | <input type="checkbox"/> Fruit Jelly + Custards |

Week 3**Monday 15/06/2026** No dessert today

- | | |
|--------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Sweet & Sour Pork | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Sausages + Gravy | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |

Tuesday 16/06/26

- | | |
|--------------------------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Chicken Snitzel with mushroom gravy | |
| <input type="checkbox"/> Roast Lamb | <input type="checkbox"/> Potato & veg |
| | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Banana+ Date Pudding | <input type="checkbox"/> Chocolate Mouse |

Wednesday 17/06/26

- | | |
|------------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Apricot Chicken | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Meatloaf + gravy | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Banana + Date Pudding | <input type="checkbox"/> Chocolate Mouse |

Thursday 18/06/26

- | | |
|------------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Tuna Bake | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Pork Med plum sauce | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Banana + Date Pudding | <input type="checkbox"/> Chocolate Mouse |

Friday 19/06/26

- | | |
|------------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Beef Stew | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Seafood Basket | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Banana + Date Pudding | <input type="checkbox"/> Chocolate Mouse |

Week 2**Monday 08/06/26**

Kings Birthday

**No Meals today****Tuesday 09/06/26**

No dessert today

- | | |
|-------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Chicken stroganoff | <input type="checkbox"/> Vegetables |
| | <input type="checkbox"/> Salad |
| <input type="checkbox"/> Savoury Mince in bread | <input type="checkbox"/> Potato & veg |
| | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |

No dessert today**Wednesday 10/06/26**

- | | |
|-----------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Roast Turkey | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Beef & Bacon Pie | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Golden Syrup Dumping | <input type="checkbox"/> Custard Tart |

Thursday 11/06/26

- | | |
|-----------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Beef Rissoles | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Tuna Mornay | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Golden Syrup Dumping | <input type="checkbox"/> Custard Tart |

Friday 12/06/26

- | | |
|-----------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Battered Fish | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Roast Chicken | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Golden Syrup Dumping | <input type="checkbox"/> Custard Tart |

Week 4 Turn Over for week 5**Monday 22/06/26**

No dessert today

- | | |
|------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Potsticker Rice Bowls | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Lamb Rissoles | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |

Tuesday 23/06/26

- | | |
|--------------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Beef mince pasta bake | <input type="checkbox"/> Vegetables |
| | <input type="checkbox"/> Salad |
| <input type="checkbox"/> Chicken, Ham & Cheese Muffins | <input type="checkbox"/> Potato & veg |
| | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Apple pie | <input type="checkbox"/> Jelly Slice |

Wednesday 24/06/26

- | | |
|-------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Savoury beef casserole | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Chicken curry | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Apple pie | <input type="checkbox"/> Jelly Slice |

Thursday 25/06/26

- | | |
|-------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Honey Stir Fry Chicken | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Cottage Pie | <input checked="" type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Apple Pie | <input type="checkbox"/> Jelly Slice |

Friday 26/06/26

- | | |
|-----------------------------------------|----------------------------------------|
| <input type="checkbox"/> Roast Beef | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Seafood Basket | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Apple Pie | <input type="checkbox"/> Jelly Slice |

Meals on Wheels Menu June 2026**Turn Over for week 5**

Week 5

Monday 29/06/26

No dessert today

- | | |
|--------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Bangers and Mash | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Chicken Carbonara | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |

Tuesday 30/06/26

- | | |
|----------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Beef Stroganoff | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Roast Chicken | <input type="checkbox"/> Chips & salad |
| <input type="checkbox"/> Sticky Date Pudding | <input type="checkbox"/> Rice & greens |
| | <input type="checkbox"/> Pavlova |

Wednesday 01/07/2026

- | | |
|----------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Roast Beef | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Butter Chicken | <input type="checkbox"/> Chips & salad |
| <input type="checkbox"/> Sticky Date Pudding | <input type="checkbox"/> Rice & greens |
| | <input type="checkbox"/> Pavlova |

Thursday 02/07/2026

- | | |
|----------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Beef & Vegetable Meatloaf | <input type="checkbox"/> Potato & veg |
| <input type="checkbox"/> Sweet & Sour Pork | <input type="checkbox"/> Chips & salad |
| <input type="checkbox"/> Sticky Date Pudding | <input type="checkbox"/> Rice & greens |
| | <input type="checkbox"/> Pavlova |

Friday 03/07/2026

- | | |
|--------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Seafood Basket | <input type="checkbox"/> Potato & veg |
| | <input type="checkbox"/> Chips & salad |
| | <input type="checkbox"/> Rice & greens |
| <input type="checkbox"/> Savoury Steak Casserole | <input type="checkbox"/> Vegetables |
| | <input type="checkbox"/> Salad |
| <input type="checkbox"/> Sticky Date Pudding | <input type="checkbox"/> Pavlova |



Please call our team on 6558 2454 / hand to our wonderful volunteer drivers / drop into the office, before the end of the current month to place your order for the following month (this menu).

- Please be advised that meals cancelled with late notice (non-emergency situations) may still incur a fee.
- You must be home to receive your meal between 12:00pm - 2:00pm.
- Your main course will be served with your choice of either potato & vegetables, chips & salad or rice and greens. If you have **not** indicated which you would prefer, we will serve your meal with potato and vegetables.
- Meals may change due to supplier issues. Clients will be notified of any changes.
- Please note fresh desserts are unavailable on Mondays.
- To help us include a menu variety everyone can enjoy please feel free to let us know if you have any dietary requirements, you would like us to take into consideration, such as diabetes, gluten tolerance, lactose intolerance or any allergies



NEW NEW NEW NEW



We welcome suggestions, ideas and feedback – so if there is something your tummy desires – please let us know

Try something new – potsticker bowls transform everyone's favorite Chinese dumplings into a healthier meal – steamed white rice, aromatic potsticker filling – sweet and salty dumpling sauce, pork mince

