

Client Name:

Week 1

Monday 06/07/26		No dessert today
☐ Silverside + White Sauce	☐ Potato & veg	
☐ Grilled Fish	☐ Chips & salad	
	☐ Rice & veg	

Tuesday 07/07/26		
☐ Chicken Pies	☐ Vegetables	
	☐ Salad	
☐ Beef Goulash	☐ Potato & veg	
	☐ Chips & salad	
	☐ Rice & veg	

☐ Apple Crumble	☐ Vanilla Slice
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☐ Pumpkin Soup

Wednesday 08/07/26		
☐ Salmon Cakes	☐ Potato & veg	
	☐ Chips & salad	
	☐ Rice & veg	
☐ Lamb Korma		

☐ Apple Crumble	☐ Vanilla Slice
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☐ Pumpkin Soup

Thursday 09/07/26		
☐ Grilled chicken with Hollandaise sauce side	☐ Vegetables	
	☐ Salad	
☐ Irish Stew	☐ Potato & veg	
	☐ Chips & salad	
	☐ Rice & veg	

☐ Apple Crumble	☐ Vanilla Slice
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☐ Pumpkin Soup

Friday 10/07/26		
☐ Seafood Basket	☐ Potato & veg	
	☐ Chips & salad	
☐ Porcupine Meatballs	☐ Rice & veg	

☐ Apple Crumble	☐ Vanilla Slice
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Week 3

Monday 20/7/26		No dessert today
☐ Chicken Curry	☐ Potato & veg	
	☐ Chips & salad	
	☐ Rice & veg	
☐ Chunky Beef Pies		

Tuesday 21/7/26		
☐ Roast Beef	☐ Potato & veg	
☐ Chicken Vol au vent	☐ Chips & salad	
	☐ Rice & veg	

☐ Custard Tart	☐ Mud Cake + Cream
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☐ Potato + Leek Soup

Wednesday 22/7/26		
☐ Prawn Skewers	☐ Potato & veg	
☐ Crumbed Lamb Cutlet	☐ Chips & salad	
	☐ Rice & veg	

☐ Custard Tart	☐ Mud Cake + Cream
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☐ Potato + Leek Soup

Week 2

Monday 13/07/26		No dessert today
☐ Butter Chicken	☐ Potato & veg	
☐ Ham Steaks	☐ Chips & salad	
	☐ Rice & veg	

Tuesday 14/07/26		
☐ Curried Prawns	☐ Potato & veg	
	☐ Chips & salad	
☐ Grandma's Rissoles	☐ Rice & veg	

☐ Caramel Tart	☐ Berry Cheesecake
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☐ Chicken + Corn Soup
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Wednesday 15/07/26		
☐ Bacon + Cheese Quiche	☐ Potato & veg	
	☐ Chips & salad	
	☐ Rice & veg	
☐ Roast Turkey	☐ Vegetables	
	☐ Salad	

☐ Caramel Tart	☐ Berry Cheesecake
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☐ Chicken + Corn Soup
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Thursday 16/07/25		
☐ Chicken Chow Mein	☐ Fried Rice	
	☐ Potato & veg	
☐ Braised Steak + Onion	☐ Chips & salad	
	☐ Rice & veg	

☐ Caramel Tart	☐ Berry Cheesecake
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☐ Chicken + Corn Soup
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Friday 17/07/26		
☐ Seafood Basket	☐ Potato & veg	
	☐ Chips & salad	
☐ Sweet Lamb Curry	☐ Rice & veg	

☐ Caramel Tart	☐ Berry Cheesecake
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Week 3 cont....

Thursday 23/7/26		
☐ Fish – Grilled or battered (please circle)	☐ Potato & veg	
	☐ Chips & salad	
☐ Roast Beef	☐ Rice & veg	

☐ Custard Tart	☐ Mud Cake + Cream
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☐ Potato + Leek Soup

Friday 24/7/26		
☐ Tuna Mornay	☐ Potato & veg	
☐ Cottage Pie	☐ Chips & salad	
	☐ Rice & veg	

☐ Custard Tart	☐ Mud Cake + Cream
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Meals on Wheels July 2026

Client Name:

Week 4

Monday 27/7/26		No dessert today
☐ Mince Pasta Bake	☐ Potato & veg	☐ Chips & salad
☐ Pork Chop + Gravy	☐ Rice & veg	
Tuesday 28/7/26		
☐ Curried Sausages	☐ Potato & veg	☐ Chips & salad
	☐ Rice & veg	
☐ Grilled Chicken + Salsa	☐ Vegetables	☐ Salad
☐ Apple + Sultana Crumble		
☐ Lemon Curd Tarts		
☐ Pea + Ham Soup		
Wednesday 29/7/26		
☐ Mini Hot Dogs	☐ Potato & veg	☐ Chips & salad
	☐ Rice & veg	
☐ Honey Mustard Chicken	☐ Vegetables	☐ Salad
☐ Apple + Sultana Crumble		
☐ Lemon Curd Tarts		
☐ Pea + Ham Soup		
Thursday 30/7/26		
☐ Beef Skewers	☐ Potato & veg	
☐ Lamb Chops + gravy	☐ Chips & salad	☐ Rice & veg
☐ Apple + Sultana Crumble		
☐ Lemon Curd Tarts		
☐ Pea + Ham Soup		
Friday 31/7/26		
☐ Seafood Basket	☐ Potato & veg	
☐ Grandma's Rissoles	☐ Chips & salad	☐ Rice & veg
☐ Apple + Sultana Crumble		
☐ Lemon Curd Tarts		



Did you know all our food is prepared from scratch onsite, by our amazing cooks.

Tracey cooks Monday – Thursday

Gail cooks all the deserts + mains on a Friday.

We love feedback – please give us your thoughts – please let us know if there is something you would like to see added to the menu or taken off

Meals on Wheels July 2025

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.
- Fresh desserts are unavailable on Mondays.