



SUMMER MENU
2024/2025 PLEASE CIRCLE
EACH OF YOUR CHOICES

All hot meals, salads and sandwiches are made fresh daily, sweets are also home cooked. All meals include a variety of vegetables and gravy.
GF = GLUTEN FREE
DF = DAIRY FREE

<p><u>MONDAY 9 DECEMBER</u> A. ASIAN CHICKEN & FRIED RICE(GF/DF) B. BEEF & VEG CASSEROLE(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>TUESDAY 10 DECEMBER</u> A. ROAST LAMB(GF/DF) B. TUNA MORNAY PASTA C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 11 DECEMBER</u> A. CHICKEN SAUSAGES(GF/DF) B. BEEF CURRY & RICE(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>THURSDAY 12 DECEMBER</u> A. COTTAGE PIE(GF/DF) B. QUICHE LORRAINE C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>FRIDAY 13 DECEMBER</u> A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED FISH/CHIPS B. LASAGNE C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>
<p><u>MONDAY 16 DECEMBER</u> A. BRAISED STEAK& ONION(GF/DF) B. COCONUT CHICKEN CURRY & RICE(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>TUESDAY 17 DECEMBER</u> A. ROAST CHICKEN(GF/DF) B. LAMBS FRY & BACON(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 18 DECEMBER</u> A. BEEF & RED WINE CASSEROLE(GF/DF) B. MEAT PIE & MUSHY PEAS(DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>THURSDAY 19 DECEMBER</u> A. BEEF & VEG STIR FRY & RICE(GF/DF) B. SILVERSIDE & WHITE SAUCE(GF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>FRIDAY 20 DECEMBER</u> A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED FISH/CHIPS B. HONEY MUSTARD CHICKEN(GF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>
<p><u>MONDAY 23 DECEMBER</u> A. APRICOT CHICKEN & RICE(GF/DF) B. SAVOURY MINCE(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>TUESDAY 24 DECEMBER</u> A. ROAST PORK(GF/DF) B. VEGIE QUICHE(GF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 25 DECEMBER</u> <u>CHRISTMAS DAY</u> <u>NO MEAL DELIVERY</u> </p>	<p><u>THURSDAY 26 DECEMBER</u> <u>BOXING DAY</u> <u>NO MEAL DELIVERY</u></p>	<p><u>FRIDAY 27 DECEMBER</u> <u>CLOSED</u> <u>NO MEAL DELIVERY</u></p>
<p><u>MONDAY 30 DECEMBER</u> A. CHICKEN SCHNITZEL & GRAVY(DF) B. CHEESE & SPINACH ROLL C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>TUESDAY 31 DECEMBER</u> A. IRISH LAMB STEW(GF/DF) B. SWEET & SOUR PORK & RICE(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 1 JANUARY</u> <u>NEW YEARS DAY</u> <u>NO MEAL DELIVERY</u> WOULD YOU LIKE A FROZEN MEAL? YES <input type="checkbox"/> NO <input type="checkbox"/></p>	<p><u>THURSDAY 2 JANUARY</u> A. BEEF RISSOLE(DF) B. CHICKEN CASSEROLE(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>FRIDAY 3 JANUARY</u> A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED FISH/CHIPS B. SWEET LAMB CURRY/RICE(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>



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<p><u>MONDAY 6 JANUARY</u> A. CURRIED BEEF SAUSAGES_(GF/DF) B. MEATBALLS & SPAGHETTI_(DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>TUESDAY 7 JANUARY</u> A. ROAST LAMB_(GF/DF) B. BUTTER CHICKEN & RICE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 8 JANUARY</u> A. HAM STEAK & PINEAPPLE_(GF/DF) B. SAUSAGE HOTPOT_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>THURSDAY 9 JANUARY</u> A. CURRIED PRAWNS & RICE_(GF/DF) B. BEEF STROGANOFF_(GF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>FRIDAY 10 JANUARY</u> A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH/CHIPS B. CHINESE MINCE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>
<p><u>MONDAY 13 JANUARY</u> A. BEEF & VEG CASSEROLE_(GF/DF) B. COCONUT CHICKEN CURRY/RICE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT or SOUP</p>	<p><u>TUESDAY 14 JANUARY</u> A. ROAST CHICKEN_(GF/DF) B. QUICHE LORRAINE C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 15 JANUARY</u> A. HONEY MUSTARD CHICKEN_(GF) B. BRAISED STEAK & ONION_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>THURSDAY 16 JANUARY</u> A. ASIAN CHICKEN/FRIED RICE_(GF/DF) B. LAMB RISSOLE_(DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>FRIDAY 17 JANUARY</u> A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH/CHIPS B. BEEF SAUSAGES & GRAVY_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>
<p><u>MONDAY 20 JANUARY</u> A. STEAK & KIDNEY_(GF/DF) B. SWEET & SOUR CHICKEN & RICE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>TUESDAY 21 JANUARY</u> A. ROAST PORK_(GF/DF) B. LASAGNE C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 22 JANUARY</u> A. MEATLOAF_(GF/DF) B. ZUCCHINI & BACON SLICE_(GF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>THURSDAY 23 JANUARY</u> A. CHICKEN RISSOLE_(DF) B. SWEET LAMB CURRY & RICE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>FRIDAY 24 JANUARY</u> A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH/CHIPS B. MEAT PIE & GRAVY_(DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>
<p><u>MONDAY 27 JANUARY</u> <u>PUBLIC HOLIDAY FOR AUSTRALIA DAY</u> <u>NO MEAL DELIVERY</u> WOULD YOU LIKE A FROZEN MEAL? YES <input type="checkbox"/> NO <input type="checkbox"/></p>	<p><u>TUESDAY 28 JANUARY</u> A. SALMON PATTIES B. CHICKEN SCHNITZEL_(DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 29 JANUARY</u> A. LAMBS FRY & BACON_(GF/DF) B. HONEY SOY CHICKEN & RICE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>THURSDAY 30 JANUARY</u> A. CURRIED MINCE_(GF/DF) B. SILVERSIDE & WHITE SAUCE_(GF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>FRIDAY 31 JANUARY</u> A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH/CHIPS B. BUTTER CHICKEN & RICE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>



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<p><u>MONDAY 3 FEBRUARY</u></p> <p>A. CHICKEN CASSEROLE_(GF/DF) B. BEEF RISSOLE_(DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>TUESDAY 4 FEBRUARY</u></p> <p>A. ROAST LAMB_(GF/DF) B. SPAGHETTI BOLOGNESE_(DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 5 FEBRUARY</u></p> <p>A. BEEF & RED WINE CASSEROLE_(GF/DF) B. CHINESE MINCE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>THURSDAY 6 FEBRUARY</u></p> <p>A. DEVILLED SAUSAGES_(GF/DF) B. CURRIED CHICKEN/RICE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT or SOUP</p>	<p><u>FRIDAY 7 FEBRUARY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH/CHIPS B. CHICKEN MORNAY PIE C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>
<p><u>MONDAY 10 FEBRUARY</u></p> <p>A. SAUSAGE HOTPOT_(GF/DF) B. CURRIED PRAWNS & RICE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>TUESDAY 11 FEBRUARY</u></p> <p>A. ROAST CHICKEN_(GF/DF) B. SPINACH & BACON PIE C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 12 FEBRUARY</u></p> <p>A. BRAISED STEAK& ONION_(GF/DF) B. TUNA MORNAY PASTA C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>THURSDAY 13 FEBRUARY</u></p> <p>A. SWEET LAMB CURRY & RICE_(GF/DF) B. BEEF STROGANOFF_(GF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>FRIDAY 14 FEBRUARY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH/CHIPS B. HAM STEAK & PINEAPPLE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>
<p><u>MONDAY 17 FEBRUARY</u></p> <p>A. SALMON PATTIES B. CURRIED BEEF SAUSAGES_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>TUESDAY 18 FEBRUARY</u></p> <p>A. ROAST PORK_(GF/DF) B. BEEF & VEG STIR FRY & RICE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 19 FEBRUARY</u></p> <p>A. CRUMBED STEAK_(DF) B. APRICOT CHICKEN & RICE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>THURSDAY 20 FEBRUARY</u></p> <p>A. CHICKEN RISSOLE_(DF) B. PIE & MUSHY PEAS_(DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>FRIDAY 21 FEBRUARY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH/CHIPS B. ZUCCHINI & BACON SLICE_(GF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>
<p><u>MONDAY 24 FEBRUARY</u></p> <p>A. BEEF SAUSAGES & GRAVY_(GF/DF) B. LAMBS FRY & BACON_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>TUESDAY 25 FEBRUARY</u></p> <p>A. ROAST BEEF_(GF/DF) B. BACON & EGG PIE C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 26 FEBRUARY</u></p> <p>A. CHICKEN SAUSAGES_(GF/DF) B. BEEF & VEG CASSEROLE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>THURSDAY 27 FEBRUARY</u></p> <p>A. STEAK & KIDNEY_(GF/DF) B. COCONUT CHICKEN CURRY & RICE_(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>	<p><u>FRIDAY 28 FEBRUARY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED FISH/CHIPS B. BEEF RISSOLE_(DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP</p>



Meals on Wheels
Grafton

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<u>MONDAY 3 MARCH</u>	<u>TUESDAY 4 MARCH</u>	<u>WEDNESDAY 5 MARCH</u>	<u>THURSDAY 6 MARCH</u>	<u>FRIDAY 7 MARCH</u>
A. DEVILLED SAUSAGES _(GF/DF) B. SWEET & SOUR PORK & RICE _(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP	A. ROAST LAMB _(GF/DF) B. COTTAGE PIE _(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP	A. HONEY SOY CHICKEN & RICE _(GF/DF) B. MEATLOAF _(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP	A. CHICKEN PARMIGIANA B. LAMB RISSOLE _(DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP	A. CRUMBED _(DF) / STEAMED _(GF/DF) / BATTERED FISH/CHIPS B. IRISH LAMB STEW _(GF/DF) C. SANDWICH OR SALAD D. DESSERT OR SOUP

PLEASE MARK HERE IF YOU WOULD LIKE A COPY OF YOUR MENU (COPY WILL BE SENT OUT IN DECEMBER)

WOULD YOU LIKE ORANGE JUICE? YES NO

WOULD YOU LIKE WEEKEND MEALS (FROZEN)? YES NO

PLEASE NOTE: ORDER FORMS FOR FROZEN MEALS OVER THE CHRISTMAS PERIOD WILL COME OUT CLOSER TO THE DATE.