



Meals on Wheels™
Grafton

SPRING MENU 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

<u>MONDAY 1 SEPTEMBER</u> A. SAVOURY MINCE _(GF/DF) B. ASIAN CHICKEN/FRIED RICE _(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>TUESDAY 2 SEPTEMBER</u> A. ROAST PORK _(GF/DF) B. CHICKEN CASSEROLE _(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>WEDNESDAY 3 SEPTEMBER</u> A. DEVILLED SAUSAGES _(GF/DF) B. CRUMBED STEAK _(DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>THURSDAY 4 SEPTEMBER</u> A. TUNA MORNAY PASTA B. SWEET & SOUR CHICKEN/RICE _(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>FRIDAY 5 SEPTEMBER</u> A. CRUMBED _(DF) /STEAMED _(GF/DF) /BATTERED FISH/CHIPS B. BEEF & VEG CASSEROLE _(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP
<u>MONDAY 8 SEPTEMBER</u> A. BEEF RISSOLE _(GF/DF) B. CHICKEN PARMIGIANA C. SANDWICH or SALAD D. DESSERT / SOUP	<u>TUESDAY 9 SEPTEMBER</u> A. ROAST BEEF _(GF/DF) B. QUICHE LORRAINE C. SANDWICH or SALAD D. DESSERT / SOUP	<u>WEDNESDAY 10 SEPTEMBER</u> A. BRAISED STEAK & ONION _(GF/DF) B. CHICKEN MORNAY PIE C. SANDWICH or SALAD D. DESSERT / SOUP	<u>THURSDAY 11 SEPTEMBER</u> A. CURRIED PRAWNS & RICE _(GF/DF) B. IRISH LAMB STEW _(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>FRIDAY 12 SEPTEMBER</u> A. CRUMBED _(DF) /STEAMED _(GF/DF) /BATTERED FISH/CHIPS B. CURRIED SAUSAGES _(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP
<u>MONDAY 15 SEPTEMBER</u> A. COCONUT CHICKEN CURRY & RICE _(GF/DF) B. STEAK & KIDNEY _(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>TUESDAY 16 SEPTEMBER</u> A. ROAST LAMB _(GF/DF) B. SWEET & SOUR PORK _(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>WEDNESDAY 17 SEPTEMBER</u> A. APRICOT CHICKEN/RICE _(GF/DF) B. LASAGNE C. SANDWICH or SALAD D. DESSERT / SOUP	<u>THURSDAY 18 SEPTEMBER</u> A. CHICKEN SAUSAGES _(GF/DF) B. MEAT PIE & MUSHY PEAS _(DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>FRIDAY 19 SEPTEMBER</u> A. CRUMBED _(DF) /STEAMED _(GF/DF) /BATTERED FISH/CHIPS B. MEATBALLS & SPAGHETTI _(DF) C. SANDWICH or SALAD D. DESSERT / SOUP
<u>MONDAY 22 SEPTEMBER</u> A. SWEET LAMB CURRY/RICE _(GF/DF) B. CHICKEN RISSOLE _(DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>TUESDAY 23 SEPTEMBER</u> A. ROAST CHICKEN _(GF/DF) B. CHINESE MINCE _(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>WEDNESDAY 24 SEPTEMBER</u> A. SILVERSIDE & WHITE SAUCE _(GF) B. SAUSAGES & GRAVY _(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>THURSDAY 25 SEPTEMBER</u> A. BEEF CURRY & RICE _(GF/DF) B. COTTAGE PIE _(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>FRIDAY 26 SEPTEMBER</u> A. CRUMBED _(DF) /STEAMED _(GF/DF) /BATTERED FISH/CHIPS B. BEEF STROGANOFF _(GF) C. SANDWICH or SALAD D. DESSERT / SOUP



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<u>MONDAY 29 SEPTEMBER</u> A. SAUSAGE HOT POT_(GF/DF) B. CURRIED PRAWNS & RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>TUESDAY 30 SEPTEMBER</u> A. ROAST PORK_(GF/DF) B. HONEY MUSTARD CHICKEN_(GF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>WEDNESDAY 1 OCTOBER</u> A. LAMBS FRY & BACON_(GF/DF) B. BEEF RISSOLE_(DF/GF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>THURSDAY 2 OCTOBER</u> A. MEATLOAF_(GF/DF) B. HONEY SOY CHICKEN/RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>FRIDAY 3 OCTOBER</u> A. CRUMBED_(DF)/STEAMED_(GF/DF)/BATTERED FISH/CHIPS B. CHICKEN CASSEROLE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP
<u>MONDAY 6 OCTOBER</u> <u>PUBLIC HOLIDAY</u> <u>NO MEAL DELIVERY</u> WOULD YOU LIKE A FROZEN MEAL? YES ☐ NO ☐	<u>TUESDAY 7 OCTOBER</u> A. CHICKEN SCHNITZEL_(DF) B. SALMON PATTIES C. SANDWICH or SALAD D. DESSERT / SOUP	<u>WEDNESDAY 8 OCTOBER</u> A. STEAK & KIDNEY_(GF/DF) B. SAVOURY MINCE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>THURSDAY 9 OCTOBER</u> A. SPAGHETTI BOLOGNESE_(DF) B. SPINACH & BACON PIE C. SANDWICH or SALAD D. DESSERT / SOUP	<u>FRIDAY 10 OCTOBER</u> A. CRUMBED_(DF)/STEAMED_(GF/DF)/BATTERED FISH/CHIPS B. SWEET LAMB CURRY/RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP
<u>MONDAY 13 OCTOBER</u> A. BEEF & RED WINE CASSEROLE_(GF/DF) B. BUTTER CHICKEN & RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>TUESDAY 14 OCTOBER</u> A. ROAST LAMB_(GF/DF) B. ASIAN CHICKEN/FRIED RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>WEDNESDAY 15 OCTOBER</u> A. VEGETABLE QUICHE B. IRISH LAMB STEW_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>THURSDAY 16 OCTOBER</u> A. SILVERSIDE & WHITE SAUCE_(GF) B. OSSO BUCO_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>FRIDAY 17 OCTOBER</u> A. CRUMBED_(DF)/STEAMED_(GF/DF)/BATTERED FISH/CHIPS B. BEEF & VEG STIRFRY_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP
<u>MONDAY 20 OCTOBER</u> A. CHICKEN RISSOLE_(DF) B. BEEF STROGANOFF_(GF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>TUESDAY 21 OCTOBER</u> A. ROAST CHICKEN_(GF/DF) B. ZUCCHINI & BACON SLICE_(GF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>WEDNESDAY 22 OCTOBER</u> A. DEVILLED SAUSAGES_(GF/DF) B. MEAT PIE w MUSHY PEAS_(DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>THURSDAY 23 OCTOBER</u> A. SWEET & SOUR PORK_(GF/DF) B. CURRIED MINCE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>FRIDAY 24 OCTOBER</u> A. CRUMBED_(DF)/STEAMED_(GF/DF)/BATTERED FISH/CHIPS B. APRICOT CHICKEN & RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP

<u>MONDAY 27 OCTOBER</u> A. CURRIED CHICKEN/RICE_(GF/DF) B. CHEESE & SPINACH ROLL C. SANDWICH or SALAD D. DESSERT / SOUP	<u>TUESDAY 28 OCTOBER</u> A. ROAST PORK_(GF/DF) B. SAUSAGE HOT POT_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>WEDNESDAY 29 OCTOBER</u> A. HONEY MUSTARD CHICKEN_(GF) B. COTTAGE PIE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>THURSDAY 30 OCTOBER</u> A. TUNA MORNAY PASTA B. CHINESE MINCE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>FRIDAY 31 OCTOBER</u> A. CRUMBED_(DF)/STEAMED_(GF/DF)/BATTERED FISH/CHIPS B. QUICHE LORRAINE C. SANDWICH or SALAD D. DESSERT / SOUP
<u>MONDAY 3 NOVEMBER</u> A. ASIAN CHICKEN & FRIED RICE_(GF/DF) B. LAMB RISSOLE_(DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>TUESDAY 4 NOVEMBER</u> A. ROAST BEEF_(GF/DF) B. CHICKEN CURRY & RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>WEDNESDAY 5 NOVEMBER</u> A. BRAISED STEAK & ONION_(GF/DF) B. LASAGNE C. SANDWICH or SALAD D. DESSERT / SOUP	<u>THURSDAY 6 NOVEMBER</u> A. BUTTER CHICKEN & RICE_(GF/DF) B. MEATBALLS & SPAGHETTI_(DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>FRIDAY 7 NOVEMBER</u> A. CRUMBED_(DF)/STEAMED_(GF/DF)/BATTERED FISH/CHIPS B. OSSO BUCO_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP
<u>MONDAY 10 NOVEMBER</u> A. BEEF RISSOLE_(DF/GF) B. COCONUT CHICKEN CURRY_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>TUESDAY 11 NOVEMBER</u> A. ROAST LAMB_(GF/DF) B. CHICKEN SAUSAGES_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>WEDNESDAY 12 NOVEMBER</u> A. SALMON PATTIES B. BEEF AND RED WINE CASSEROLE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>THURSDAY 13 NOVEMBER</u> A. LAMBS FRY & BACON_(GF/DF) B. SAUSAGES & GRAVY_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>FRIDAY 14 NOVEMBER</u> <u>GRAFTON MEALS ON WHEELS</u> <u>60TH ANNIVERSARY</u> <u>NO MEAL DELIVERY</u> WOULD YOU LIKE A FROZEN MEAL? YES ☐ NO ☐
<u>MONDAY 17 NOVEMBER</u> A. CHICKEN SCHNITZEL_(DF) B. CHEESE & SPINACH ROLL C. SANDWICH or SALAD D. DESSERT / SOUP	<u>TUESDAY 18 NOVEMBER</u> A. ROAST CHICKEN_(GF/DF) B. SAVOURY MINCE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>WEDNESDAY 19 NOVEMBER</u> A. BEEF & VEG STIRFRY_(GF/DF) B. SILVERSIDE & WHITE SAUCE_(GF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>THURSDAY 20 NOVEMBER</u> A. BACON & EGG PIE B. HONEY SOY CHICKEN/RICE_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP	<u>FRIDAY 21 NOVEMBER</u> A. CRUMBED_(DF)/STEAMED_(GF/DF)/BATTERED FISH/CHIPS B. IRISH LAMB STEW_(GF/DF) C. SANDWICH or SALAD D. DESSERT / SOUP



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<u>MONDAY 24 NOVEMBER</u>	<u>TUESDAY 25 NOVEMBER</u>	<u>WEDNESDAY 26 NOVEMBER</u>	<u>THURSDAY 27 NOVEMBER</u>	<u>FRIDAY 28 NOVEMBER</u>
A. SWEET LAMB CURRY/RICE _(GF/DF)	A. ROAST PORK _(GF/DF)	A. CHICKEN MORNAY PIE	A. CURRIED MINCE _(GF/DF)	A. CRUMBED _(DF) /STEAMED _(GF/DF) / BATTERED FISH/CHIPS
B. CHICKEN RISSOLE _(DF)	B. SPAGHETTI BOLOGNESE _(DF)	B. SWEET & SOUR PORK/RICE _(GF/DF)	B. ZUCCHINI & BACON SLICE _(GF)	B. MEATLOAF _(GF/DF)
C. SANDWICH or SALAD	C. SANDWICH or SALAD	C. SANDWICH or SALAD	C. SANDWICH or SALAD	C. SANDWICH or SALAD
D. DESSERT / SOUP	D. DESSERT / SOUP	D. DESSERT / SOUP	D. DESSERT / SOUP	D. DESSERT / SOUP

NOTE: MENU COPIES WILL BE SENT TO ALL CLIENTS

WOULD YOU LIKE ORANGE JUICE? YES ☐ NO ☐

WOULD YOU LIKE WEEKEND MEALS (FROZEN)? YES ☐ NO ☐

WE ARE CELEBRATING OUR 60TH ANNIVERSARY ON FRIDAY THE 14TH OF NOVEMBER. WE WILL NOT HAVE A MEAL DELIVERY THAT DAY BUT WILL HAVE SOME OTHER CELEBRATIONS. FROZEN MEAL DELIVERIES WILL BE AVAILABLE PRIOR. MORE DETAILS TO FOLLOW AT A LATER DATE.