



Meals on Wheels™
Grafton

Ph: 6642 3879



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

PLEASE **CIRCLE** EACH OF YOUR CHOICES

<u>MONDAY 1 JUNE</u> A. SAUSAGE HOTPOT_(DF/GF) B. CHICKEN RISSOLE_(DF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 2 JUNE</u> A. ROAST CHICKEN_(DF/GF) B. IRISH LAMB STEW_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 3 JUNE</u> A. MEATLOAF_(DF/GF) B. HONEY MUSTARD CHICKEN_(GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 4 JUNE</u> A. QUICHE LORRAINE B. BRAISED STEAK & ONION_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 5 JUNE</u> A. CRUMBED_(DF) / STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. BEEF CURRY & RICE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 8 JUNE</u> <u>KING'S BDAY PUBLIC</u> <u>HOLIDAY: NO MEAL</u> <u>DELIVERY</u> WOULD YOU LIKE A FROZEN MEAL? YES ☐ NO ☐	<u>TUESDAY 9 JUNE</u> A. CHICKEN SCHNITZEL_(DF) B. SALMON PATTIES C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 10 JUNE</u> A. LAMB RISSOLE_(DF) B. BEEF & VEG STIRFRY & RICE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 11 JUNE</u> A. BEEF & RED WINE CASSEROLE_(DF/GF) B. COCONUT CHICKEN CURRY & RICE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 12 JUNE</u> A. CRUMBED_(DF) / STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. CHINESE MINCE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 15 JUNE</u> A. STEAK & KIDNEY_(DF/GF) B. CHICKEN CASSEROLE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 16 JUNE</u> A. ROAST BEEF_(DF/GF) B. ZUCCHINI & BACON SLICE_(GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 17 JUNE</u> A. CHICKEN KIEV B. SWEET & SOUR PORK & RICE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 18 JUNE</u> A. CRUMBED STEAK_(DF) B. CHICKEN PUMPKIN BACON PASTA C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 19 JUNE</u> A. CRUMBED_(DF) / STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. CURRIED SAUSAGES_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 22 JUNE</u> A. ASIAN CHICKEN & FRIED RICE_(DF/GF) B. SAVOURY MINCE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 23 JUNE</u> A. ROAST LAMB_(DF/GF) B. CHICKEN MORNAY PIE C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 24 JUNE</u> A. LAMBS FRY & BACON_(DF/GF) B. APRICOT CHICKEN & RICE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 25 JUNE</u> A. SILVERSIDE & W SAUCE_(GF) B. VEGETABLE QUICHE_(GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 26 JUNE</u> A. CRUMBED_(DF) / STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. MEAT PIE & MUSHY PEAS_(DF) C. SANDWICH or SALAD D. DESSERT or SOUP



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<u>MONDAY 29 JUNE</u> A. MEATBALLS & SPAGHETTI_(DF) B. SAUSAGES & GRAVY_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 30 JUNE</u> A. ROAST CHICKEN_(DF/GF) B. COTTAGE PIE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 1 JULY</u> A. BEEF & VEG CASSEROLE_(DF/GF) B. HONEY SOY CHICKEN & FRIED RICE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 2 JULY</u> A. CURRIED PRAWNS & RICE_(DF/GF) B. DEVILLED SAUSAGES_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 3 JULY</u> A. CRUMBED_(DF)/STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. LASAGNE C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 6 JULY</u> A. SPINACH & CHEESE ROLL B. CURRIED CHICKEN & RICE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 7 JULY</u> A. ROAST PORK_(DF/GF) B. CHICKEN PARMIGIANA C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 8 JULY</u> A. BEEF RISSOLE_(DF/GF) B. TUNA MORNAY PASTA C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 9 JULY</u> A. SWEET LAMB CURRY & RICE_(DF/GF) B. CHICKEN CACCIATORE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 10 JULY</u> A. CRUMBED_(DF)/STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. QUICHE LORRAINE C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 13 JULY</u> A. CHICKEN SAUSAGES _(DF/GF) B. BEEF STROGANOFF_(GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 14 JULY</u> A. ROAST BEEF_(DF/GF) B. CHICKEN TOMATO BASIL PASTA_(DF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 15 JULY</u> A. BUTTER CHICKEN & RICE_(DF/GF) B. BEEF & RED WINE CASSEROLE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 16 JULY</u> A. SWEET & SOUR CHICKEN & RICE_(DF/GF) B. BRAISED STEAK & ONION_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 17 JULY</u> A. CRUMBED_(DF)/STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. SPAGHETTI BOLOGNAISE_(DF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 20 JULY</u> A. MEATBALLS & GRAVY_(DF) B. HONEY MUSTARD CHICKEN_(GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 21 JULY</u> A. ROAST LAMB_(DF/GF) B. CHICKEN CASSEROLE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 22 JULY</u> A. SILVERSIDE & W SAUCE_(GF) B. LAMBS FRY & BACON_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 23 JULY</u> A. CURRIED SAUSAGES_(DF/GF) B. CHICKEN SCHNITZEL_(DF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 24 JULY</u> A. CRUMBED_(DF)/STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. SAVOURY MINCE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP



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<u>MONDAY 27 JULY</u> A. SAUSAGE HOTPOT_(DF/GF) B. SALMON PATTIES C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 28 JULY</u> A. ROAST CHICKEN_(DF/GF) B. LASAGNE C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 29 JULY</u> A. HONEY SOY CHICKEN & FRIED RICE_(DF/GF) B. MEAT PIE & MUSHY PEAS_(DF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 30 JULY</u> A. MEXICAN PORK & RICE_(DF/GF) B. CHICKEN RISSOLE_(DF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 31 JULY</u> A. CRUMBED_(DF) / STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. COCONUT CURRY CHICKEN & RICE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 3 AUGUST</u> A. ASIAN CHICKEN & FRIED RICE_(DF/GF) B. DEVILLED SAUSAGES_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 4 AUGUST</u> A. ROAST PORK_(DF/GF) B. COTTAGE PIE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 5 AUGUST</u> A. SWEET LAMB CURRY & RICE_(DF/GF) B. ZUCCHINI BACON SLICE_(GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 6 AUGUST</u> A. BEEF RISSOLE_(DF/GF) B. TUNA MORNAY PASTA C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 7 AUGUST</u> A. CRUMBED_(DF) / STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. SWEET & SOUR PORK & RICE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 10 AUGUST</u> A. CURRIED PRAWNS & RICE_(DF/GF) B. CHINESE MINCE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 11 AUGUST</u> A. ROAST BEEF_(DF/GF) B. APRICOT CHICKEN & RICE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 12 AUGUST</u> A. SAUSAGES & GRAVY_(DF/GF) B. CHICKEN MORNAY PIE C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 13 AUGUST</u> A. BEEF & VEG STIRFRY & RICE_(DF/GF) B. CHICKEN PUMPKIN BACON PASTA C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 14 AUGUST</u> A. CRUMBED_(DF) / STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. BEEF & VEG CASSEROLE_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP
<u>MONDAY 17 AUGUST</u> A. CHICKEN CASSEROLE_(DF/GF) B. BEEF STROGANOFF_(GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>TUESDAY 18 AUGUST</u> A. ROAST LAMB_(DF/GF) B. QUICHE LORRAINE C. SANDWICH or SALAD D. DESSERT or SOUP	<u>WEDNESDAY 19 AUGUST</u> A. MEATLOAF_(DF/GF) B. BUTTER CHICKEN_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>THURSDAY 20 AUGUST</u> A. SPAGHETTI BOLOGNAISE_(DF) B. STEAK & KIDNEY_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP	<u>FRIDAY 21 AUGUST</u> A. CRUMBED_(DF) / STEAMED_(GF/DF) / BATTERED FISH & CHIPS B. IRISH LAMB STEW_(DF/GF) C. SANDWICH or SALAD D. DESSERT or SOUP



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<u>MONDAY 24 AUGUST</u>	<u>TUESDAY 25 AUGUST</u>	<u>WEDNESDAY 26 AUGUST</u>	<u>THURSDAY 27 AUGUST</u>	<u>FRIDAY 28 AUGUST</u>
A. LAMB RISSOLE _(DF)	A. ROAST CHICKEN _(DF/GF)	A. CHICKEN SAUSAGES _(DF/GF)	A. COTTAGE PIE _(DF/GF)	A. CRUMBED _(DF) / STEAMED _(GF/DF) / BATTERED FISH & CHIPS
B. CHICKEN TOMATO BASIL PASTA _(DF)	B. BRAISED STEAK & ONION _(DF/GF)	B. SWEET & SOUR PORK & RICE _(DF/GF)	B. HONEY MUSTARD CHICKEN _(GF)	B. LASAGNE
C. SANDWICH or SALAD	C. SANDWICH or SALAD	C. SANDWICH or SALAD	C. SANDWICH or SALAD	C. SANDWICH or SALAD
D. DESSERT or SOUP	D. DESSERT or SOUP	D. DESSERT or SOUP	D. DESSERT or SOUP	D. DESSERT or SOUP

	YES	NO
WOULD YOU LIKE ORANGE JUICE?		
WOULD YOU LIKE WEEKEND MEALS (FROZEN)?		

FEEDBACK/COMMENTS:

NEW MENU ITEMS

We have two new dishes to choose on this menu; **Chicken cacciatore** on the 9th of July, and **Mexican style pork** on the 30th of July.

Chicken cacciatore: An Italian style dish with a braised chicken thigh (boneless), cooked in a rich tomato & capsicum sauce, served with vegetables, a perfect winter warmer!

Mexican-style pork and rice: Pork mince, chickpeas and beans cooked with Mexican-style spices (no chilli). Served with rice, roast sweet potato and greens.

NOTE: COPIES OF MENUS WILL BE SENT TO ALL CLIENTS