




SUMMER MENU
2023/2024 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 4 DECEMBER</u> A. CHICKEN SCHNITZEL(GF) B. SAVOURY MINCE(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>TUESDAY 5 DECEMBER</u> A. ROAST BEEF(GF/DF) B. CURRY PRAWNS/RICE(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 6 DECEMBER</u> A. CHICKEN SAUSAGES(GF/DF) B. BEEF STROGANOFF(GF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>THURSDAY 7 DECEMBER</u> A. COTTAGE PIE(GF/DF) B. TUNA MORNAY/RICE(GF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>FRIDAY 8 DECEMBER</u> A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED(DF)FISH/CHIPS B. LASAGNE C. SALAD or SANDWICH D. DESSERT OR SOUP</p>
<p><u>MONDAY 11 DECEMBER</u> A. BRAISED STEAK& ONION(GF/DF) B. CHINESE MINCE(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>TUESDAY 12 DECEMBER</u> A. ROAST LAMB(GF/DF) B. VEGIE QUICHE(GF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 13 DECEMBER</u> A. SAUSAGE HOTPOT(GF/DF) B. MEAT PIE & MUSHY PEAS(DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>THURSDAY 14 DECEMBER</u> A. BEEF & VEG STIR FRY/ RICE(GF/DF) B. SILVERSIDE & WHITE SAUCE(GF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>FRIDAY 15 DECEMBER</u> A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED(DF)FISH/CHIPS B. HONEY MUSTARD CHICKEN(GF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>
<p><u>MONDAY 18 DECEMBER</u> A. APRICOT CHICKEN/FRIED RICE(GF/DF) B. CURRIED BEEF SAUSAGES(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>TUESDAY 19 DECEMBER</u> A. ROAST CHICKEN(GF/DF) B. LAMBS FRY & BACON(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 20 DECEMBER</u> A. MEATLOAF(GF/DF) B. SWEET LAMB CURRY/RICE(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>THURSDAY 21 DECEMBER</u> A. IRISH LAMB STEW(GF/DF) B. SWEET&SOUR PORK(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>FRIDAY 22 DECEMBER</u> A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED(DF)FISH/CHIPS B. CHRISTMAS ROAST(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>
<p><u>MONDAY 25 DECEMBER</u> <u>CHRISTMAS DAY</u> <u>NO MEAL</u> <u>DELIVERY</u> </p>	<p><u>TUESDAY 26 DECEMBER</u> <u>BOXING DAY</u> <u>NO MEAL</u> <u>DELIVERY</u></p>	<p><u>WEDNESDAY 27 DECEMBER</u> A. CHICKEN SCHNITZEL & GRAVY(GF/DF) B. CHEESE & SPINACH ROLL C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>THURSDAY 28 DECEMBER</u> A. BEEF RISSOLE(GF/DF) B. CURRY PRAWNS & RICE(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>FRIDAY 29 DECEMBER</u> A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED(DF)FISH/CHIPS B. COTTAGE PIE(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>



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<p><u>MONDAY 1 JANUARY</u></p> <p><u>NEW YEARS DAY</u></p> <p><u>NO MEAL DELIVERY</u></p>	<p><u>TUESDAY 2 JANUARY</u></p> <p>A. SALMON PATTIES B. MEATBALLS & GRAVY(GF/DF) C. SALAD or SANDWICH D. DESSERT or SOUP</p>	<p><u>WEDNESDAY 3 JANUARY</u></p> <p>A. HONEY MUSTARD CHICKEN(GF) B. SAUSAGE HOTPOT(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>THURSDAY 4 JANUARY</u></p> <p>A. BUTTER CHICKEN/ RICE(GF/DF) B. BEEF STROGANOFF(GF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>FRIDAY 5 JANUARY</u></p> <p>A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED(DF)FISH/CHIPS B. SAVOURY MINCE(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>
<p><u>MONDAY 8 JANUARY</u></p> <p>A. BEEF & VEG CASSEROLE(GF/DF) B. COCONUT CHICKEN CURRY/RICE(GF/DF) C. SALAD or SANDWICH D. DESSERT or SOUP</p>	<p><u>TUESDAY 9 JANUARY</u></p> <p>A. ROAST LAMB(GF/DF) B. QUICHE LORRAINE C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 10 JANUARY</u></p> <p>A. HAM STEAK & PINEAPPLE(GF/DF) B. BRAISED STEAK & ONION(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>THURSDAY 11 JANUARY</u></p> <p>A. ASIAN CHICKEN/FRIED RICE(GF/DF) B. LAMB RISSOLE(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>FRIDAY 12 JANUARY</u></p> <p>A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED(DF)FISH/CHIPS B. SAUSAGES & GRAVY(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>
<p><u>MONDAY 15 JANUARY</u></p> <p>A. STEAK & KIDNEY(GF/DF) B. SWEET & SOUR PORK(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>TUESDAY 16 JANUARY</u></p> <p>A. ROAST CHICKEN(GF/DF) B. LASAGNE C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 17 JANUARY</u></p> <p>A. MEATLOAF(GF/DF) B. ZUCCHINI SLICE(GF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>THURSDAY 18 JANUARY</u></p> <p>A. CHICKEN SAUSAGES(GF/DF) B. SWEET LAMB CURRY(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>FRIDAY 19 JANUARY</u></p> <p>A. CRUMBED(DF)/ STEAMED(GF/DF) / BATTERED(DF)FISH/CHIPS B. MEAT PIE & GRAVY(DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>
<p><u>MONDAY 22 JANUARY</u></p> <p>A. SAUS ONION GRAVY(GF/DF) B. BEEF STROGANOFF(GF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>TUESDAY 23 JANUARY</u></p> <p>A. ROAST PORK(GF/DF) B. COTTAGE PIE(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 24 JANUARY</u></p> <p>A. LAMBS FRY & BACON(GF/DF) B. HONEY SOY CHICKEN/RICE(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>THURSDAY 25 JANUARY</u></p> <p>A. SAVOURY MINCE(GF/DF) B. SILVERSIDE & WHT S(GF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>FRIDAY 26 JANUARY</u></p> <p><u>AUSTRALIA DAY</u></p> <p><u>NO MEAL DELIVERY</u></p> <p>WOULD YOU LIKE A FROZEN MEAL?</p> <p>YES <input type="checkbox"/> NO <input type="checkbox"/></p>



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<p><u>MONDAY 29 JANUARY</u></p> <p>A. CHICKEN CASSEROLE_(GF/DF) B. BEEF RISSOLE_(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>TUESDAY 30 JANUARY</u></p> <p>A. ROAST BEEF_(GF/DF) B. SPAGHETTI BOLOGNESE_(DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 31 JANUARY</u></p> <p>A. BEEF & RED WINE CASSEROLE_(GF/DF) B. CHINESE MINCE_(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>THURSDAY 1 FEBRUARY</u></p> <p>A. DEVILLED SAUSAGES_(GF/DF) B. CURRIED CHICKEN/RICE_(GF/DF) C. SALAD or SANDWICH D. DESSERT or SOUP</p>	<p><u>FRIDAY 2 FEBRUARY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED_(DF)FISH/CHIPS B. CHICKEN MORNAY PIE C. SALAD or SANDWICH D. DESSERT OR SOUP</p>
<p><u>MONDAY 5 FEBRUARY</u></p> <p>A. SAUSAGE HOTPOT_(GF/DF) B. CURRIED PRAWNS_(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>TUESDAY 6 FEBRUARY</u></p> <p>A. ROAST LAMB_(GF/DF) B. VEGIE QUICHE_(GF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 7 FEBRUARY</u></p> <p>A. BRAISED STEAK & MUSHROOMS_(GF/DF) B. SALMON PATTIES C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>THURSDAY 8 FEBRUARY</u></p> <p>A. SWEET LAMB CURRY_(GF/DF) B. SAUSAGES & GRAVY_(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>FRIDAY 9 FEBRUARY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED_(DF)FISH/CHIPS B. HAM STEAK & PINEAPPLE_(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>
<p><u>MONDAY 12 FEBRUARY</u></p> <p>A. HONEY MUSTARD CHICKEN_(GF/DF) B. CURRIED BEEF SAUSAGES_(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>TUESDAY 13 FEBRUARY</u></p> <p>A. ROAST CHICKEN_(GF/DF) B. BEEF & VEG STIR FRY_(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 14 FEBRUARY</u></p> <p>A. CRUMBED STEAK_(DF) B. APRICOT CHICKEN/RICE_(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>THURSDAY 15 FEBRUARY</u></p> <p>A. CHICKEN RISSOLE_(DF) B. PIE & MUSHY PEAS_(DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>FRIDAY 16 FEBRUARY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED_(DF)FISH/CHIPS B. ZUCCHINI + BACON SLICE C. SALAD or SANDWICH D. DESSERT OR SOUP</p>
<p><u>MONDAY 19 FEBRUARY</u></p> <p>A. SAUSAGES & GRAVY_(GF/DF) B. LAMBS FRY+BACON_(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>TUESDAY 20 FEBRUARY</u></p> <p>A. ROAST PORK_(GF/DF) B. BEEF & VEG CASSEROLE_(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>WEDNESDAY 21 FEBRUARY</u></p> <p>A. CHICKEN SAUSAGES_(GF/DF) B. BACON & EGG PIE C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>THURSDAY 22 FEBRUARY</u></p> <p>A. BEEF RISSOLE_(GF/DF) B. COCONUT CHICKEN CURRY_(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>	<p><u>FRIDAY 23 FEBRUARY</u></p> <p>A. CRUMBED_(DF)/ STEAMED_(GF/DF) / BATTERED_(DF)FISH/CHIPS B. STEAK & KIDNEY_(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP</p>



Meals on Wheels Grafton

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<u>MONDAY 26 FEBRUARY</u>	<u>TUESDAY 27 FEBRUARY</u>	<u>WEDNESDAY 28 FEBRUARY</u>	<u>THURSDAY 29 FEBRUARY</u>	<u>FRIDAY 1 MARCH</u>
A. DEVILLED SAUSAGES _(GF/DF) B. CHEESE & SPINACH ROLLS C. SALAD or SANDWICH D. DESSERT OR SOUP	A. ROAST BEEF _(GF/DF) B. COTTAGE PIE _(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP	A. SWEET & SOUR PORK _(GF/DF) B. MEATLOAF _(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP	A. CURRIED MINCE _(GF/DF) B. ASIAN CHICKEN/FR RICE _(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP	A. CRUMBED _(DF) / STEAMED _(GF/DF) / BATTERED _(DF) FISH/CHIPS B. IRISH LAMB STEW _(GF/DF) C. SALAD or SANDWICH D. DESSERT OR SOUP

PLEASE MARK HERE IF YOU WOULD LIKE A COPY OF YOUR MENU (COPY WILL BE SENT OUT THE LAST WEEK IN NOVEMBER)

WOULD YOU LIKE ORANGE JUICE? YES NO

WOULD YOU LIKE WEEKEND MEALS (FROZEN)? YES NO