



**SPRING MENU 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><b><u>MONDAY 9 SEPTEMBER</u></b></p> <p>A. SAVOURY MINCE<sub>(GF/DF)</sub> B. ASIAN CHICKEN/FRIED RICE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>TUESDAY 10 SEPTEMBER</u></b></p> <p>A. ROAST BEEF <sub>(GF/DF)</sub> B. CHICKEN CASSEROLE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>WEDNESDAY 11 SEPTEMBER</u></b></p> <p>A. DEVILLED SAUSAGES<sub>(GF/DF)</sub> B. CRUMBED STEAK<sub>(DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>THURSDAY 12 SEPTEMBER</u></b></p> <p>A. TUNA MORNAY PASTA B. SWEET &amp; SOUR CHICKEN/RICE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>FRIDAY 13 SEPTEMBER</u></b></p> <p>A. CRUMBED<sub>(DF)</sub>/STEAMED<sub>(GF/DF)</sub>/BATTERED FISH/CHIPS B. BEEF &amp; VEG CASSEROLE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><b><u>MONDAY 16 SEPTEMBER</u></b></p> <p>A. BEEF RISSOLE<sub>(DF)</sub> B. CHICKEN PARMIGIANA C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>TUESDAY 17 SEPTEMBER</u></b></p> <p>A. ROAST LAMB<sub>(GF/DF)</sub> B. VEGETABLE QUICHE<sub>(GF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>WEDNESDAY 18 SEPTEMBER</u></b></p> <p>A. BRAISED STEAK &amp; MUSHROOM<sub>(GF/DF)</sub> B. CHICKEN MORNAY PIE C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>THURSDAY 19 SEPTEMBER</u></b></p> <p>A. CURRIED PRAWNS &amp; RICE<sub>(GF/DF)</sub> B. IRISH LAMB STEW<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>FRIDAY 20 SEPTEMBER</u></b></p> <p>A. CRUMBED<sub>(DF)</sub>/STEAMED<sub>(GF/DF)</sub>/BATTERED FISH/CHIPS B. QUICHE LORRAINE C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><b><u>MONDAY 23 SEPTEMBER</u></b></p> <p>A. COCONUT CHICKEN CURRY&amp; RICE<sub>(GF/DF)</sub> B. STEAK &amp; KIDNEY<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>TUESDAY 24 SEPTEMBER</u></b></p> <p>A. ROAST CHICKEN<sub>(GF/DF)</sub> B. SWEET &amp; SOUR PORK<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>WEDNESDAY 25 SEPTEMBER</u></b></p> <p>A. APRICOT CHICKEN/RICE<sub>(GF/DF)</sub> B. LASAGNE C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>THURSDAY 26 SEPTEMBER</u></b></p> <p>A. CHICKEN SAUSAGES<sub>(GF/DF)</sub> B. MEAT PIE<sub>(DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>FRIDAY 27 SEPTEMBER</u></b></p> <p>A. CRUMBED<sub>(DF)</sub>/STEAMED<sub>(GF/DF)</sub>/BATTERED FISH/CHIPS B. MEATBALLS &amp; SPAGHETTI<sub>(DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><b><u>MONDAY 30 SEPTEMBER</u></b></p> <p>A. SWEET LAMB CURRY/RICE<sub>(GF/DF)</sub> B. CHICKEN RISSOLE<sub>(DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>TUESDAY 1 OCTOBER</u></b></p> <p>A. ROAST PORK <sub>(GF/DF)</sub> B. CHINESE MINCE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>WEDNESDAY 2 OCTOBER</u></b></p> <p>A. SILVERSIDE &amp; WHITE SAUCE<sub>(GF)</sub> B. SAUSAGES &amp; GRAVY<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>THURSDAY 3 OCTOBER</u></b></p> <p>A. BEEF CURRY &amp; RICE<sub>(GF/DF)</sub> B. COTTAGE PIE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>FRIDAY 4 OCTOBER</u></b></p> <p>A. CRUMBED<sub>(DF)</sub>/STEAMED<sub>(GF/DF)</sub>/BATTERED FISH/CHIPS B. BEEF STROGANOFF<sub>(GF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>



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<p><b><u>MONDAY 7 OCTOBER</u></b></p> <p><b><u>PUBLIC HOLIDAY</u></b> <b>WOULD YOU LIKE A FROZEN MEAL?</b></p> <p>YES <input type="checkbox"/> NO <input type="checkbox"/></p>	<p><b><u>TUESDAY 8 OCTOBER</u></b></p> <p>A. CHICKEN SCHNITZEL<sub>(DF)</sub> B. SPINACH &amp; CHEESE ROLL C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>WEDNESDAY 9 OCTOBER</u></b></p> <p>A. LAMBS FRY &amp; BACON<sub>(GF/DF)</sub> B. BEEF RISSOLE<sub>(DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>THURSDAY 10 OCTOBER</u></b></p> <p>A. MEATLOAF<sub>(GF/DF)</sub> B. HONEY SOY CHICKEN/RICE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>FRIDAY 11 OCTOBER</u></b></p> <p>A. CRUMBED<sub>(DF)</sub>/STEAMED<sub>(GF/DF)</sub>/BATTERED FISH/CHIPS B. CHICKEN CASSEROLE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><b><u>MONDAY 14 OCTOBER</u></b></p> <p>A. SAUSAGE HOT POT<sub>(GF/DF)</sub> B. CURRIED PRAWNS &amp; RICE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>TUESDAY 15 OCTOBER</u></b></p> <p>A. ROAST LAMB<sub>(GF/DF)</sub> B. HONEY MUSTARD CHICKEN<sub>(GF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>WEDNESDAY 16 OCTOBER</u></b></p> <p>A. STEAK &amp; KIDNEY<sub>(GF/DF)</sub> B. SAVOURY MINCE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>THURSDAY 17 OCTOBER</u></b></p> <p>A. SPAGHETTI BOLOGNESE<sub>(DF)</sub> B. SPINACH &amp; BACON PIE C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>FRIDAY 18 OCTOBER</u></b></p> <p>A. CRUMBED<sub>(DF)</sub>/STEAMED<sub>(GF/DF)</sub>/BATTERED FISH/CHIPS B. SWEET LAMB CURRY/RICE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><b><u>MONDAY 21 OCTOBER</u></b></p> <p>A. BRAISED STEAK &amp; ONION<sub>(GF/DF)</sub> B. BUTTER CHICKEN &amp; RICE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>TUESDAY 22 OCTOBER</u></b></p> <p>A. ROAST CHICKEN <sub>(GF/DF)</sub> B. IRISH LAMB STEW<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>WEDNESDAY 23 OCTOBER</u></b></p> <p>A. SALMON PATTIES B. ASIAN CHICKEN/FRIED RICE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>THURSDAY 24 OCTOBER</u></b></p> <p>A. SILVERSIDE &amp; WHITE SAUCE<sub>(GF)</sub> B. BEEF AND RED WINE CASSEROLE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>FRIDAY 25 OCTOBER</u></b></p> <p>A. CRUMBED<sub>(DF)</sub>/STEAMED<sub>(GF/DF)</sub>/BATTERED FISH/CHIPS B. BEEF &amp; VEG STIRFRY<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><b><u>MONDAY 28 OCTOBER</u></b></p> <p>A. CHICKEN RISSOLE<sub>(DF)</sub> B. BEEF STROGANOFF<sub>(GF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>TUESDAY 29 OCTOBER</u></b></p> <p>A. ROAST PORK<sub>(GF/DF)</sub> B. ZUCCHINI &amp; BACON SLICE<sub>(GF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>WEDNESDAY 30 OCTOBER</u></b></p> <p>A. DEVILLED SAUSAGES<sub>(GF/DF)</sub> B. MEAT PIE w MUSHY PEAS<sub>(DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>THURSDAY 31 OCTOBER</u></b></p> <p>A. SWEET &amp; SOUR PORK<sub>(GF/DF)</sub> B. CURRIED MINCE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>FRIDAY 1 NOVEMBER</u></b></p> <p>A. CRUMBED<sub>(DF)</sub>/STEAMED<sub>(GF/DF)</sub>/BATTERED FISH/CHIPS B. APRICOT CHICKEN &amp; RICE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>



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<p><b><u>MONDAY 4 NOVEMBER</u></b></p> <p>A. CURRIED CHICKEN/RICE<sub>(GF/DF)</sub> B. CHEESE &amp; SPINACH ROLL C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>TUESDAY 5 NOVEMBER</u></b></p> <p>A. ROAST BEEF<sub>(GF/DF)</sub> B. SAUSAGE HOT POT<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>WEDNESDAY 6 NOVEMBER</u></b></p> <p>A. HAM STEAK &amp; PINEAPPLE<sub>(GF/DF)</sub> B. COTTAGE PIE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>THURSDAY 7 NOVEMBER</u></b></p> <p>A. TUNA MORNAY PASTA B. CHINESE MINCE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>FRIDAY 8 NOVEMBER</u></b></p> <p>A. CRUMBED<sub>(DF)</sub>/STEAMED<sub>(GF/DF)</sub>/BATTERED FISH/CHIPS B. QUICHE LORRAINE C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><b><u>MONDAY 11 NOVEMBER</u></b></p> <p>A. ASIAN CHICKEN &amp; FRIED RICE<sub>(GF/DF)</sub> B. LAMB RISSOLE<sub>(DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>TUESDAY 12 NOVEMBER</u></b></p> <p>A. ROAST LAMB<sub>(GF/DF)</sub> B. BEEF CURRY/RICE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>WEDNESDAY 13 NOVEMBER</u></b></p> <p>A. BRAISED STEAK &amp; ONION<sub>(GF/DF)</sub> B. LASAGNE C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>THURSDAY 14 NOVEMBER</u></b></p> <p>A. APRICOT CHICKEN &amp; RICE<sub>(GF/DF)</sub> B. MEATBALLS &amp; SPAGHETTI<sub>(DF/GF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>FRIDAY 15 NOVEMBER</u></b></p> <p>A. CRUMBED<sub>(DF)</sub>/STEAMED<sub>(GF/DF)</sub>/BATTERED FISH/CHIPS B. BEEF &amp; VEG CASSEROLE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><b><u>MONDAY 18 NOVEMBER</u></b></p> <p>A. BEEF RISSOLES<sub>(DF)</sub> B. COCONUT CHICKEN CURRY<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>TUESDAY 19 NOVEMBER</u></b></p> <p>A. ROAST CHICKEN<sub>(GF/DF)</sub> B. BEEF AND RED WINE CASSEROLE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>WEDNESDAY 20 NOVEMBER</u></b></p> <p>A. CHICKEN SAUSAGES<sub>(GF/DF)</sub> B. SALMON PATTIES C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>THURSDAY 21 NOVEMBER</u></b></p> <p>A. LAMBS FRY &amp; BACON<sub>(GF/DF)</sub> B. HONEY MUSTARD CHICKEN<sub>(GF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>FRIDAY 22 NOVEMBER</u></b></p> <p>A. CRUMBED<sub>(DF)</sub>/STEAMED<sub>(GF/DF)</sub>/BATTERED FISH/CHIPS B. CURRIED BEEF SAUSAGES<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>
<p><b><u>MONDAY 25 NOVEMBER</u></b></p> <p>A. SAUSAGES &amp; GRAVY<sub>(GF/DF)</sub> B. CHICKEN CASSEROLE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>TUESDAY 26 NOVEMBER</u></b></p> <p>A. ROAST PORK<sub>(GF/DF)</sub> B. SAVOURY MINCE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>WEDNESDAY 27 NOVEMBER</u></b></p> <p>A. BEEF &amp; VEG STIRFRY<sub>(GF/DF)</sub> B. SILVERSIDE &amp; WHITE SAUCE<sub>(GF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>THURSDAY 28 NOVEMBER</u></b></p> <p>A. BACON &amp; EGG PIE B. HONEY SOY CHICKEN/RICE<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>	<p><b><u>FRIDAY 29 NOVEMBER</u></b></p> <p>A. CRUMBED<sub>(DF)</sub>/STEAMED<sub>(GF/DF)</sub>/BATTERED FISH/CHIPS B. IRISH LAMB STEW<sub>(GF/DF)</sub> C. SANDWICH or SALAD D. DESSERT / SOUP</p>



# Meals on Wheels Grafton

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<u>MONDAY 2 DECEMBER</u>	<u>TUESDAY 3 DECEMBER</u>	<u>WEDNESDAY 4 DECEMBER</u>	<u>THURSDAY 5 DECEMBER</u>	<u>FRIDAY 6 DECEMBER</u>
A. SWEET LAMB CURRY/RICE <sub>(GF/DF)</sub>	A. ROAST BEEF <sub>(GF/DF)</sub>	A. CHICKEN MORNAY PIE	A. CURRIED MINCE <sub>(GF/DF)</sub>	A. CRUMBED <sub>(DF)</sub> /STEAMED <sub>(GF/DF)</sub> / BATTERED FISH/CHIPS
B. CHICKEN RISSOLE <sub>(DF)</sub>	B. SPAGHETTI BOLOGNESE <sub>(DF)</sub>	B. SWEET & SOUR PORK/RICE <sub>(GF/DF)</sub>	B. ZUCCHINI & BACON SLICE <sub>(GF)</sub>	B. HAM STEAK & PINEAPPLE <sub>(GF/DF)</sub>
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

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

WOULD YOU LIKE ORANGE JUICE? YES  NO

WOULD YOU LIKE WEEKEND MEALS (FROZEN)? YES  NO