Nutrition & Food Services MEALS ON WHEELS MENU

Please tick your choice in the box

NAME

Monday	Tuesday	Wednesday	Thursday	Friday	
Shepherds Pie	Bacon & Egg Pie	Roast Beef & Gravy	Chicken Pie	Meat loaf & Gravy	
or	or		or	or	
Oakhill Potato & Bacon	Creamed chicken or	or	Braised Sausages	Crumbed Fish &	
or	Cottage cheese		or	Tartare Sauce or	rec
Pumpkin Savoury	Moussaka	Vegetarian Quiche	Hunza Pie	Vegetarian Frittata	required
Parsley Potato or		Roast Potato or			als
Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	me
					ue
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables)ZO.
		<u>├</u>		<u></u>	of frozen meals
 -		Chocolate Mousse	Lemon Sponge		
Canned Fruit or		or	or		9qc
<u>├</u>					Number
	<u>l</u>			† · · ·	
Braised Hogget Chop of	f Smoked Fish Pasta	 			
Managara Changa		0	0	I Danie Olasee Main an	
Macaroni Cheese	Or	Onion Sauce or	Gravy &	Pork Chow Mein or	eq
Macaroni Cheese with bacon or	Ham Steak &	Chicken Cutlet &	Apple Sauce or	Vegetarian	luired
with bacon or	Ham Steak & Pineapple Sauce or	Chicken Cutlet & Gravy or			required
with bacon or Macaroni Cheese	Ham Steak &	Chicken Cutlet &	Apple Sauce or Vegetarian Lasagne	Vegetarian Scalloped Potatoes	als required
with bacon or	Ham Steak & Pineapple Sauce or Egg & Vege Mornay	Chicken Cutlet & Gravy or Chinese Omelette	Apple Sauce or Vegetarian Lasagne Roast Potato or	Vegetarian Scalloped Potatoes Rice or	
with bacon or Macaroni Cheese NO bacon	Ham Steak & Pineapple Sauce or Egg & Vege Mornay Parsley Potato or	Chicken Cutlet & Gravy or Chinese Omelette Gourmet Potato or	Apple Sauce or Vegetarian Lasagne	Vegetarian Scalloped Potatoes	meals
with bacon or Macaroni Cheese NO bacon Parsley Potato or	Ham Steak & Pineapple Sauce or Egg & Vege Mornay Parsley Potato or Mashed Potato	Chicken Cutlet & Gravy or Chinese Omelette Gourmet Potato or Mashed Potato	Apple Sauce or Vegetarian Lasagne Roast Potato or Mashed Potato	Vegetarian Scalloped Potatoes Rice or Mashed Potato	meals
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with bacon or Macaroni Cheese NO bacon Parsley Potato or Mashed Potato Seasonal Vegetables	Ham Steak & Pineapple Sauce or Egg & Vege Mornay Parsley Potato or Mashed Potato Seasonal Vegetables Dutch Apple Cake &	Chicken Cutlet & Gravy or Chinese Omelette Gourmet Potato or Mashed Potato Seasonal Vegetables Chocolate Blancmange &	Apple Sauce or Vegetarian Lasagne Roast Potato or Mashed Potato Seasonal Vegetables Fruit Crumble &	Vegetarian Scalloped Potatoes Rice or Mashed Potato Seasonal Vegetables Trifle	of frozen meals
with bacon or Macaroni Cheese NO bacon Parsley Potato or Mashed Potato Seasonal Vegetables Fruited Jelly or	Ham Steak & Pineapple Sauce or Egg & Vege Mornay Parsley Potato or Mashed Potato Seasonal Vegetables Dutch Apple Cake & Custard or	Chicken Cutlet & Gravy or Chinese Omelette Gourmet Potato or Mashed Potato Seasonal Vegetables	Apple Sauce or Vegetarian Lasagne Roast Potato or Mashed Potato Seasonal Vegetables Fruit Crumble & Custard or	Vegetarian Scalloped Potatoes Rice or Mashed Potato Seasonal Vegetables Trifle or	of frozen meals
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	Shepherds Pie or Oakhill Potato & Bacon or Pumpkin Savoury Parsley Potato or Mashed Potato Seasonal Vegetables Creamy Rice & Canned Fruit or Fresh Fruit Monday	Shepherds Pie or Oakhill Potato & Bacon or Creamed chicken or Cottage cheese Moussaka Parsley Potato or Mashed Potato Seasonal Vegetables Creamy Rice & Canned Fruit or Fresh Fruit Monday Braised Hogget Chop or Saconal & Egg Pie or Creamed Chicken or Cottage cheese Moussaka Gourmet Potato or Mashed Potato Seasonal Vegetables Steamed Pudding & Custard or Canned Fruit or Fresh Fruit Fresh Fruit Smoked Fish Pasta	Shepherds Pie or	Shepherds Pie or or Oakhill Potato & Bacon Creamed chicken or	Shepherds Pie Bacon & Egg Pie or Oakhill Potato & Bacon Creamed chicken or Or Cottage cheese Pumpkin Savoury Moussaka Vegetarian Quiche Hunza Pie Vegetarian Frittata Parsley Potato or Mashed Potato