

This menu starts from 04/11/2024

**Nutrition & Food Services MEALS ON WHEELS MENU (1)**

		Monday	Tuesday	Wednesday	Thursday	Friday							
<b>WEEK ONE</b>	<input type="checkbox"/>	Hawaiian Chicken & Rice <b>or</b>	<input type="checkbox"/>	Cold Corned Beef & Salads <b>or</b>	<input type="checkbox"/>	Roast Beef & Gravy	<input type="checkbox"/>	Chicken Pie <b>or</b>	<input type="checkbox"/>	Meat Loaf & Gravy <b>or</b>	<b>Number of frozen meals REQ</b>		
	<input type="checkbox"/>	Oakhill Potato with Bacon <b>or</b>	<input type="checkbox"/>	Bacon & Egg Pie <b>or</b>	<input type="checkbox"/>	<b>or</b>	<input type="checkbox"/>	Pickled Pork & Mustard Sauce <b>or</b>	<input type="checkbox"/>	Crumbed Fish & Tartare Sauce <b>or</b>			
	<input type="checkbox"/>	Pumpkin Souffle	<input type="checkbox"/>	Cottage Cheese Moussaka	<input type="checkbox"/>	Macaroni Cheese <b>NO Bacon</b>	<input type="checkbox"/>	Pumpkin & Spinach Tart	<input type="checkbox"/>	Vegetarian Frittata			
	<input type="checkbox"/>	Mashed Potato	<input type="checkbox"/>	Gourmet Potato <b>or</b> Mashed Potato	<input type="checkbox"/>	Roast Potato <b>or</b> Mashed Potato	<input type="checkbox"/>	Gourmet Potato <b>or</b> Mashed Potato	<input type="checkbox"/>	Parsley Potato <b>or</b> Mashed Potato			
	<input type="checkbox"/>	Creamy Rice & Canned Fruit	<input type="checkbox"/>	Steamed Pudding & Custard <b>or</b> Canned Fruit	<input type="checkbox"/>	Berry Mousse <b>or</b> Canned Fruit	<input type="checkbox"/>	Lemon Sponge <b>or</b> Canned Fruit	<input type="checkbox"/>	Fruit Shortcake & Custard <b>or</b> Canned Fruit			
			Monday	Tuesday	Wednesday	Thursday	Friday						
	<b>WEEK TWO</b>	<input type="checkbox"/>	Shepherds Pie <b>or</b>	<input type="checkbox"/>	Baked Fish & Lemongrass Sce <b>or</b>	<input type="checkbox"/>	Cold Ham & Salads <b>or</b>	<input type="checkbox"/>	Roast Pork & Gravy & Apple Sauce <b>or</b>	<input type="checkbox"/>		Curried Beef <b>or</b> Pork Chow Mein <b>or</b>	<b>Number of frozen meals REQ</b>
		<input type="checkbox"/>	Macaroni Cheese With Bacon <b>or</b>	<input type="checkbox"/>	Baked Chicken & Gravy <b>or</b>	<input type="checkbox"/>	Beef Satay <b>or</b>	<input type="checkbox"/>	Vegetarian Lasagne	<input type="checkbox"/>		Vegetarian Scalloped Potato	
<input type="checkbox"/>		Macaroni Cheese <b>NO Bacon</b>	<input type="checkbox"/>	Egg & Vege Mornay	<input type="checkbox"/>	Chinese Omelette	<input type="checkbox"/>	Rice <b>or</b> Mashed Potato	<input type="checkbox"/>	Rice <b>or</b> Mashed Potato			
<input type="checkbox"/>		Parsley Potato <b>or</b> Mashed Potato	<input type="checkbox"/>	Rice <b>or</b> Mashed Potato	<input type="checkbox"/>	Rice <b>or</b> Mashed Potato	<input type="checkbox"/>	Roast Potato <b>or</b> Mashed Potato	<input type="checkbox"/>	Rice <b>or</b> Mashed Potato			
<input type="checkbox"/>		Fruited Jelly <b>or</b>	<input type="checkbox"/>	Dutch Apple Cake & Custard <b>or</b>	<input type="checkbox"/>	Chocolate Mousse <b>or</b>	<input type="checkbox"/>	Fruit Crumble & Custard <b>or</b>	<input type="checkbox"/>	Trifle <b>or</b>			
<input type="checkbox"/>		Yoghurt	<input type="checkbox"/>	Canned Fruit	<input type="checkbox"/>	Canned Fruit	<input type="checkbox"/>	Canned Fruit	<input type="checkbox"/>	Canned Fruit			

Dear Meals on Wheels client, Please tick one main & dessert in the box.

All meals come with suitable vegetables, please tick one main for each day you require a meal and your choice of dessert.

If you have specific dietary requirements we will ensure your needs are met.

This menu starts from 04/11/2024

**Nutrition & Food Services MEALS ON WHEELS MENU (2)**

		Monday	Tuesday	Wednesday	Thursday	Friday	
<b>WEEK THREE</b>	<input type="checkbox"/>	Curried Sausages & Rice <b>or</b>	<input type="checkbox"/> Cold Ham & Salad <b>or</b>	<input type="checkbox"/> Roast Beef & Gravy	<input type="checkbox"/> Chicken Pie <b>or</b>	<input type="checkbox"/> Meat Loaf & Gravy <b>or</b>	<input type="text"/>
	<input type="checkbox"/>	Oakhill Potato with Bacon <b>or</b>	<input type="checkbox"/> Creamed Chicken <b>or</b>	<b>or</b>	<input type="checkbox"/> Pork Schnitzel & Gravy <b>or</b>	<input type="checkbox"/> Crumbed Fish & Tartare Sauce <b>or</b>	
	<input type="checkbox"/>	Pumpkin Souffle	<input type="checkbox"/> Cottage Cheese Moussaka	<input type="checkbox"/> Vegetarian Quiche	<input type="checkbox"/> Corn Fritter & Sweet Chilli Sauce	<input type="checkbox"/> Vegetarian Frittata	
	<input type="checkbox"/>	Mashed Potato	<input type="checkbox"/> Gourmet Potato <b>or</b> Mashed Potato	<input type="checkbox"/> Roast Potato <b>or</b> Mashed Potato	<input type="checkbox"/> Gourmet Potato <b>or</b> Mashed Potato	<input type="checkbox"/> Parsley Potato <b>or</b> Mashed Potato	
	<input type="checkbox"/>	Creamy Rice & Canned Fruit	<input type="checkbox"/> Steamed Pudding & Custard <b>or</b> Canned Fruit	<input type="checkbox"/> Caramel Mousse <b>or</b> Canned Fruit	<input type="checkbox"/> Lemon Sponge <b>or</b> Canned Fruit	<input type="checkbox"/> Fruit Shortcake & Custard <b>or</b> Canned Fruit	
<b>WEEK FOUR</b>	<input type="checkbox"/>	Portuguese Chicken <b>or</b>	<input type="checkbox"/> Smoked Fish Pasta <b>or</b>	<input type="checkbox"/> Baked Chicken & Gravy <b>or</b>	<input type="checkbox"/> Roast Pork & Gravy & Apple Sauce	<input type="checkbox"/> Curried Beef <b>or</b>	<input type="text"/>
	<input type="checkbox"/>	Macaroni Cheese With Bacon <b>or</b>	<input type="checkbox"/> Beef Korma <b>or</b>	<input type="checkbox"/> Cold Ham & Salads <b>or</b>	<b>or</b>	<input type="checkbox"/> Pork Chow Mein <b>or</b>	
	<input type="checkbox"/>	Pasta Ratatouille	<input type="checkbox"/> Egg & Vege Mornay	<input type="checkbox"/> Chinese Omelette	<input type="checkbox"/> Vegetarian Pizza	<input type="checkbox"/> Vegetarian Scalloped Potato	
	<input type="checkbox"/>	Parsley Potato <b>or</b> Mashed Potato	<input type="checkbox"/> Rice <b>or</b> Mashed Potato	<input type="checkbox"/> Gourmet Potato <b>or</b> Mashed Potato	<input type="checkbox"/> Roast Potato <b>or</b> Mashed Potato	<input type="checkbox"/> Rice <b>or</b> Mashed Potato	
	<input type="checkbox"/>	Fruited Jelly <b>or</b>	<input type="checkbox"/> Dutch Apple Cake & Custard <b>or</b>	<input type="checkbox"/> French Vanilla Mousse <b>or</b>	<input type="checkbox"/> Fruit Crumble & Custard <b>or</b>	<input type="checkbox"/> Trifle <b>or</b>	
	<input type="checkbox"/>	Yoghurt	<input type="checkbox"/> Canned Fruit	<input type="checkbox"/> Canned Fruit	<input type="checkbox"/> Canned Fruit	<input type="checkbox"/> Canned Fruit	