

Standard Desserts	\$3.00ea	Qty
Apple Pie with Cream		
Bread & Butter Pudding		
Chocolate Mousse		
Mango Mousse		
Peaches with Custard		
Rice Pudding		
Sticky Date with Caramel Sauce		
Trifle with Cream		
Fruit Salad		

Gourmet Desserts	\$3.50ea	Qty
Apple Crumble with Custard		
Banana Pudding		
Chocolate Mud Cake with Cream		
Golden Syrup Dumplings		
Lemon Cheesecake with Cream		
Strawberry Cheesecake		
Tropical Pavlova		
Vanilla Slice		

Soups	\$3.00ea	Qty
Beef & Vegetable		
Chicken & Vegetable		
Pumpkin		
Potato & Leek		
Minestrone		

Cost Summary		\$
Standard Meals	x \$7.00	
Mini Meals	x \$5.00	
Gourmet Meals	x \$7.50	
Snacks	x \$3.50	
Standard Dessert	x\$3.00	
Gourmet Dessert	x\$3.50	
Soups	x\$3.00	
Total		

<i>Office Use Only</i>	
Data Entered	
Order Packed	



Meals on Wheels
Queanbeyan

Menu 2021

Ph: 6299 3000

admin@mealsonwheelsqueanbeyan.org.au

or

*Hand this order form to the Volunteer
who delivers your meals.*

Name: _____

Delivery Date:

I would like to vary my meals and order every week.

I have chosen the meals I like and would like you to provide me with these meals every week. I will contact you if my preferences change.

Standard Meals	\$7.00ea	Qty
Roast Beef		
Beef & Bacon Casserole		
Beef Stroganoff		
Corned Silverside		
Cottage Pie		
Rissoles with Onion Gravy		
Sausages & Gravy		
Steak & Kidney Pie		
Roast Pork		
Ham Steak with Pineapple		
Pork, Apple & Cranberry Casserole		
Sweet & Sour Pork		
Roast Chicken		
Chicken Strips with Lemon Sauce		
Butter Chicken with Rice		
Chicken Schnitzel with Gravy		
Fish Cake with Parsley Sauce		
Crumbed Fish with Chips		
Roast Lamb		
Crumbed Lamb Patties		
Mongolian Lamb with Rice		
Lamb Chop		

Vegetarian Meals	\$7.00ea	Qty
Macaroni & Cheese		
Mixed Bean Casserole		
Vegetable Pasta Bake		
Vegetable Lasagne		
Vegetarian Cottage Pie		
Vegetarian Curry with Eggplant		
Mini Meals	\$5.00ea	Qty
Battered Fish Pieces with Baked Potato Wedges		
Beef & Red Wine Casserole		
Curry Prawns with Steamed Rice		
Chicken Mornay with Spiral Pasta		
Chicken & Mushroom Casserole with Cous Cous		
Chicken & Asparagus Mornay		
Ham & Cheese Croissant		
Pork & Apple Casserole with Mash		
Shepherd's Pie		
Spinach & Feta Omelette		
Singapore Noodle Stir Fry (VEG)		
Snacks	\$3.50ea	Qty
Chicken Fried Rice		
Spirali Bolognaise		
Banana Bread w cream cheese		

Gourmet Meals	\$7.50ea	Qty
Beef Lasagna		
Beef & Red Lentil Curry		
Beef & Red Wine Casserole		
Beef Spaghetti Bolognaise		
Curried Sausages with Mash		
Savoury Beef Mince with Mash		
Shepherd's Pie		
Traditional Greek Moussaka		
Apricot Chicken		
Chicken Casserole with Pie Top		
Chicken Parmigiana with Mash		
Chicken Honey Curry with Rice		
Grilled Chicken Breast with Grain Mustard Cream Sauce		
Atlantic Salmon		
Baked Fish with Lemon Butter		
Grilled Fish with White Wine Sauce		
Tuna Mornay		
Lamb's Fry & Bacon		
Braised Lamb with Fruit Chutney		