

Frozen Meal Order – New Client or Updates

North Shoalhaven Meals on Wheels Clients receive frozen meals from the following menu. The menu provides you with a variety of meals over 4 weeks. You may choose to receive 2 or more of a favourite meal in a week.

Client: _____

Date: _____

Circle the day meals will be delivered:
Mon Tue Wed Thur Fri

Main Meals

Week 1	QTY	Week 2	QTY
Beef Lasagne with vegetables		Apricot Chicken with vegetables (GF)	
Chicken Casserole & Rice (GF)		Beef Meatloaf & Gravy	
Roast Chicken & Gravy, roast veg (GF)		Ham & Pineapple with veg (GF)	
Fish & Chips with vegetables		Hearty Beef Casserole w Mash Potato	
Irish Lamb Stew		Mustard Lemon Rosemary Chicken (GF)	
Steak & Mushroom Pie		Roast Lamb & Gravy, roast veg (GF)	
Pork & Red Wine Ragout		Spaghetti Bolognese	
Veal Schnitzel & Gravy, vegetables		Sweet & Sour Fish with rice (GF)	
Vegetarian Pasta Bake (V)		Spinach & Ricotta Cannelloni (V)	
Vegetarian Pie (V, GF)		Vegetarian Casserole (V)	
Total QTY Week 1		Total QTY Week 2	

Week 3		Week 4	
Bangers & Mash, onion gravy		Baked Fish with Lemon Sauce	
Crumbed Fish with Mashed Potato		Beef Rissoles & Gravy, vegetables	
Lemon Chicken with vegetables (GF)		Beef Stroganoff, pasta & vegetables	
Pork Casserole with vegetables (GF)		Chicken & Mushroom Potato Pie (GF)	
Pork Meatballs with Mushroom Sauce		Chicken Schnitzel, Gravy, vegetables	
Quiche Lorraine with vegetables		Creamy Chicken with Herbs & Pasta	
Roast Beef & Gravy, roast veg (GF)		Honey Soy Glazed Pork & veg (LF)	
Shepherds Pie with carrot, beans		Roast Pork, roast vegetables (GF)	
Spinach Pie (V)		Creamy Pasta with vegetables (V)	
Vegetarian Risotto w Mushroom (V)		Mexican Style Vegetable Stew (V)	
Total QTY Week 3		Total QTY Week 4	

See page 2 to select Dessert and Soup options

Soups

Select the quantity of each soup for each week

Options	Week 1	Week 2	Week 3	Week 4
Beef & Barley Soup				
Creamy Chicken & Corn Chowder				
Creamy Potato, Leek & Bacon Soup (GF)				
Creamy Roasted Cauliflower & Cheese Soup (V) (GF)				
Minestrone Soup (V)				
Roast Pumpkin Soup (GF)				
Roast Sweet Potato & Bacon Soup (GF)				
Roasted Tomato Soup (V)(GF)				
Roasted Tomato Soup with Meatballs				
Soup of the week				
Total QTY per week				

Desserts

Select the quantity of each dessert for each week

Options	Week 1	Week 2	Week 3	Week 4
Apple & Blueberry Crumble				
Apple Tart w/Cinnamon Oats & Custard				
Bread & Butter Pudding w/Sultanas				
Carrot Cake				
Choc Mousse with Whipped Cream				
Creamed Rice w/Citrus Poached Prunes				
Peach & Raspberry Slice				
Pear & Salted Caramel Pud w/Custard				
Sticky Date Pud w/Butterscotch Sauce				
Strawberry Swirl Mousse				
Total QTY per Week				

