

MENU ORDER FORM 2017 - ALL ORDERS MUST INCLUDE A MAIN MEAL SELECTION

SPECIAL REQUIREMENTS (PLEASE CIRCLE): Diabetic / Pureed / Minced / Cut-up / Soft / Other _____

WK 1	Main Meals	Selection	Light Meals (Soup + Bread Roll) (Sandwiches)	Selection	Desserts *Diabetic option	Selection	Juice	Selection	Breakfast Cereal (inc 150ml milk)	Selection
Monday	Roast Chicken & Gravy		Hearty Vegetable Soup w/ Roll		Orange Jelly & Fruit*		Apple		Cornflakes	
	Baked Potato w/ Cheesy Mince		Salad Sandwich <i>With Chicken or Cheese</i>		Cheesecake Slice		Orange		Sultana Bran	
	Garden Salad w/ Egg						Just Right			
	Greek Salad		Tuna salad Sandwich						Weetbix	
	Caesar Salad <i>Plain with Chicken</i>								Quick Oats	
Tuesday	Lamb Potato & Mushroom Pie		Minestrone Soup w/ Roll		Custard & Fruit*		Apple		Cornflakes	
	Corned Beef w/ White sauce		Salad Sandwich <i>With Chicken or Cheese</i>		Banana Cake		Orange		Sultana Bran	
	Garden Salad w/ Corned Beef						Just Right			
	Greek Salad		Corned Beef, Cheese & Relish Sandwich						Weetbix	
									Quick Oats	
Wednesday	Beef Stroganoff w/ Pasta		Chicken & Vegetable Soup		Chocolate Mousse*		Apple		Cornflakes	
	Chicken Satay w/ Rice		Salad Sandwich <i>With Chicken or Cheese</i>		Lemon Cake		Orange		Sultana Bran	
	Garden Salad w/ Corned Beef						Just Right			
	Greek Salad		Corned Beef, Cheese & Relish Sandwich						Weetbix	
									Quick Oats	
Thursday	Moroccan Lamb		Beef & Potato Soup w/ Roll		Apple Crumble*		Apple		Cornflakes	
	Chicken & Cheese Sausages & Gravy		Salad Sandwich <i>With Chicken or Cheese</i>		Orange Cake		Orange		Sultana Bran	
	Garden Salad w/ Egg						Just Right			
	Greek Salad		Curried Egg Sandwich						Weetbix	
	Caesar Salad <i>Plain with Chicken</i>								Quick Oats	
Friday	Crumbed Fish w/ Cheese Sauce		Curried Lentil Soup w/ Roll		Fruit Salad*		Apple		Cornflakes	
	Pork Meatballs w/ Sweet & Sour Sauce		Salad Sandwich <i>With Chicken or Cheese</i>		Custard Danish*		Orange		Sultana Bran	
	Garden Salad w/ Egg						Just Right			
	Greek Salad		Tuna salad Sandwich						Weetbix	
	Caesar Salad <i>Plain with Chicken</i>								Quick Oats	
Saturday (Frozen)	Zucchini & Corn Fritters		Thick Beef Soup		Pumpkin & Sultana Cake		Apple		Cornflakes	
	BBQ Chicken Cutlets		Ham & Cheese Sandwich		Dessert <i>Diabetic Pureed</i>		Orange		Sultana Bran	
							Just Right			
									Weetbix	
									Quick Oats	
Sunday (Frozen)	Vegetable Ratatouille w/ Tofu		Cauliflower & Leek Soup		Apple Danish*		Apple		Cornflakes	
	Cottage Pie		Curried Egg Sandwich		Dessert <i>Diabetic Pureed</i>		Orange		Sultana Bran	
							Just Right			
									Weetbix	
									Quick Oats	

All Main Course meals are served with Vegetables and either *Potato, Pasta or Rice*

Liverpool Meals on Wheels - Telephone 9601-3728

NAME: _____

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WK 2	Main Meals	Selection	Light Meals (Soup + Bread Roll) (Sandwiches)	Selection	Desserts *Diabetic option	Selection	Juice	Selection	Breakfast Cereal (inc 150ml milk)	Selection
Monday	Steak & Mushroom Pie		Creamy Pumpkin Soup		Vanilla Mousse*		Apple		Cornflakes	
	Pork Cassoulet		Salad Sandwich <i>With Chicken or Cheese</i>		Coconut Slice		Orange		Sultana Bran	
	Garden Salad w/ Egg								Just Right	
	Greek Salad		Tuna salad Sandwich						Weetbix	
	Caesar Salad <i>Plain with Chicken</i>								Quick Oats	
Tuesday	Roast Beef & Gravy		Chicken Noodle Soup		Pineapple Jelly & Fruit*		Apple		Cornflakes	
	Chicken Kebabs w/ Herbed Risoni		Salad Sandwich <i>With Chicken or Cheese</i>		Marshmallow Slice		Orange		Sultana Bran	
	Garden Salad w/ Roast Beef								Just Right	
	Greek Salad		Roast Beef & Mustard Mayo Sandwich						Weetbix	
	Caesar Salad <i>Plain with Chicken</i>								Quick Oats	
Wednesday	Chicken & Cheese Schnitzel		Broccoli Soup		Custard & Fruit*		Apple		Cornflakes	
	Sausages, Onion & Gravy		Salad Sandwich <i>With Chicken or Cheese</i>		Apple/Berry Custard Danish*		Orange		Sultana Bran	
	Garden Salad w/ Roast Beef		Roast Beef & Mustard Mayo Sandwich						Just Right	
	Greek Salad								Weetbix	
									Quick Oats	
Thursday	Lamb Kofta w/ Pearl Couscous		Curried Lentil Soup		Fruit Salad*		Apple		Cornflakes	
	Chicken a la King		Salad Sandwich <i>With Chicken or Cheese</i>		Tiramisu		Orange		Sultana Bran	
	Garden Salad w/ Egg		Curried Egg Sandwich						Just Right	
	Greek Salad								Weetbix	
	Caesar Salad <i>Plain with Chicken</i>								Quick Oats	
Friday	Tempura Fish w/ Lemon Sauce		Cauliflower & Leek Soup		Honey Creamed Rice & Fruit*		Apple		Cornflakes	
	Pastitsio Pasta Bake		Salad Sandwich <i>With Chicken or Cheese</i>		Carrot Cake		Orange		Sultana Bran	
	Garden Salad w/ Egg		Tuna salad Sandwich						Just Right	
	Greek Salad								Weetbix	
									Quick Oats	
Saturday (Frozen)	Pumpkin & Cheese Arancini		Hearty Vegetable Soup		Chocolate Mudcake		Apple		Cornflakes	
	Beef Rissoles w/ Gravy		Ham & Cheese Sandwich		Dessert <i>Diabetic Pureed</i>		Orange		Sultana Bran	
									Just Right	
									Weetbix	
									Quick Oats	
Sunday (Frozen)	Gnocchi w/ Creamy Tomato Sauce		Minestrone Soup		Caramel Mousse*		Apple		Cornflakes	
	Chicken Casserole		Curried Egg Sandwich		Dessert <i>Diabetic Pureed</i>		Orange		Sultana Bran	
									Just Right	
									Weetbix	
									Quick Oats	

All Main Course meals are served with Vegetables and either *Potato, Pasta or Rice*

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WK 3	Main Meals	Selection	Light Meals. (Soup + Bread Roll) (Sandwiches)	Selection	Desserts *Diabetic option	Selection	Juice	Selection	Breakfast Cereal (inc 150ml milk)	Selection
Monday	Beef Goulash		Thick Beef Soup		Apricot Danish*		Apple		Cornflakes	
	BBQ Chicken Cutlets		Salad Sandwich <i>With Chicken or Cheese</i>		Butterscotch Pudding		Orange		Sultana Bran	
	Garden Salad w/ Egg								Just Right	
	Greek Salad		Tuna salad Sandwich						Weetbix	
	Caesar Salad <i>Plain with Chicken</i>								Quick Oats	
Tuesday	Meatloaf & Gravy		Beef & Potato Soup		Fruit Salad*		Apple		Cornflakes	
	Pork Schnitzel w/ Mushroom Sauce		Salad Sandwich <i>With Chicken or Cheese</i>		Orange Cake		Orange		Sultana Bran	
	Garden Salad w/ Egg								Just Right	
	Greek Salad		Curried Egg Sandwich						Weetbix	
	Caesar Salad <i>Plain with Chicken</i>								Quick Oats	
Wednesday	Roast Lamb & Gravy		Hearty Vegetable Soup		Rasp berry Jel ly & Fruit*		Apple		Cornflakes	
	Chicken & Vegetable Pie		Salad Sandwich <i>With Chicken or Cheese</i>		Baked Cheesecake		Orange		Sultana Bran	
									Just Right	
	Garden Salad w/ Roast Lamb		Roast Lamb & Tomato Relish Sandwich						Weetbix	
	Greek Salad								Quick Oats	
Thursday	Stuffed Baked Potatoes w/ Pulled Pork		Creamy Pumpkin Soup		Custard & Fruit*		Apple		Cornflakes	
	Corned Beef w/ White Sauce		Salad Sandwich <i>With Chicken or Cheese</i>		Apple Danish*		Orange		Sultana Bran	
	Garden Salad w/ Roast Lamb		Roast Lamb & Tomato Relish Sandwich						Just Right	
	Greek Salad								Weetbix	
									Quick Oats	
Friday	Baked Fish w/ Bernaise Sauce		Chicken Noodle Soup		Hazelnut Mousse*		Apple		Cornflakes	
	Cottage Pie		Salad Sandwich <i>With Chicken or Cheese</i>		Pumpkin & Sultana Cake		Orange		Sultana Bran	
	Garden Salad w/ Egg		Tuna salad Sandwich						Just Right	
	Greek Salad								Weetbix	
	Caesar Salad <i>Plain with Chicken</i>								Quick Oats	
Saturday (Frozen)	Spinach & Ricotta Canneloni		Broccoli Soup		Marshmallow Slice		Apple		Cornflakes	
	Roast Chicken & Gravy		Ham & Cheese Sandwich		Dessert <i>Diabetic Pureed</i>		Orange		Sultana Bran	
									Just Right	
									Weetbix	
Sunday (Frozen)	Mushroom Risotto		Chicken & Vegetable Soup		Apple Crumble*		Apple		Cornflakes	
	Beef Stroganoff w/ Pasta		Curried Egg Sandwich		Dessert <i>Diabetic Pureed</i>		Orange		Sultana Bran	
									Just Right	
									Weetbix	
									Quick Oats	

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SPECIAL REQUIREMENTS (PLEASE CIRCLE): Diabetic / Pureed / Minced / Cut-up / Soft / Other _____

WK 4	Main Meals	Selection	Light Meals (Soup + Bread Roll) (Sandwiches)	Selection	Desserts *Diabetic option	Selection	Juice	Selection	Breakfast Cereal (inc 150ml milk)	Selection
Monday	Chicken Casserole		Broccoli Soup		Apple & Blueberry Crumble*		Apple		Cornflakes	
	Sausages, Onion & Gravy		Salad Sandwich <i>With Chicken or Cheese</i>		Banana Cake		Orange		Sultana Bran	
	Garden Salad w/ Egg								Just Right	
	Greek Salad		Tuna salad Sandwich						Weetbix	
	Caesar Salad <i>Plain with Chicken</i>								Quick Oats	
Tuesday	Lamb & Chickpea Casserole		Thick Beef Soup		Caramel Mousse*		Apple		Cornflakes	
	Salmon Frittata		Salad Sandwich <i>With Chicken or Cheese</i>		Coconut Slice		Orange		Sultana Bran	
	Garden Salad w/ Egg								Just Right	
	Greek Salad		Curried Egg Sandwich						Weetbix	
	Caesar Salad <i>Plain with Chicken</i>								Quick Oats	
Wednesday	Chicken Stir Fry w/ Hokkien Noodles		Minestrone Soup		Honey Creamed Rice & Fruit*		Apple		Cornflakes	
	Beef Lasagne		Salad Sandwich <i>With Chicken or Cheese</i>		Carrot Cake		Orange		Sultana Bran	
	Garden Salad w/ Egg		Tuna salad Sandwich						Just Right	
	Greek Salad								Weetbix	
	Caesar Salad <i>Plain with Chicken</i>								Quick Oats	
Thursday	Roast Pork w/ Gravy		Chicken & Vegetable Soup		Lime Jelly & Fruit*		Apple		Cornflakes	
	Beef Rissoles w/ Gravy		Salad Sandwich <i>With Chicken or Cheese</i>		Chocolate Mud Cake		Orange		Sultana Bran	
	Garden Salad w/ Roast Pork		Roast Pork & Chutney Sandwich						Just Right	
	Greek Salad								Weetbix	
									Quick Oats	
Friday	Fish Patties w/ Hollandaise Sauce		Beef & Potato Soup		Custard & Fruit*		Apple		Cornflakes	
	Butter Chicken		Salad Sandwich <i>With Chicken or Cheese</i>		Tropical Cheesecake		Orange		Sultana Bran	
	Garden Salad w/ Roast Pork		Roast Pork & Chutney Sandwich						Just Right	
	Greek Salad								Weetbix	
									Quick Oats	
Saturday (Frozen)	Vegetable Parcel		Chicken Noodle Soup		Tiramisu		Apple		Cornflakes	
	Chicken & Cheese Schnitzel		Ham & Cheese Sandwich		Dessert <i>Diabetic Pureed</i>		Orange		Sultana Bran	
									Just Right	
									Weetbix	
									Quick Oats	
Sunday (Frozen)	Vegetable Stir Fry w/ Rice Noodles		Creamy Pumpkin Soup		Fruit Salad*		Apple		Cornflakes	
	Roast Beef & Gravy		Curried Egg Sandwich		Dessert <i>Diabetic Pureed</i>		Orange		Sultana Bran	
									Just Right	
									Weetbix	
									Quick Oats	

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