Liverpool Meals on Wheels	-	Telephone	9601-3728
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MENU ORDER FORM 2024/2025 - ALL ORDERS MUST INCLUDE A MAIN MEAL SELECTION

SPECIAL REQUIREMENTS (PLEASE CIRCLE): Diabetic / Pureed / Minced / Cut-up / Other______

WK 1	Main Meals	Selection	Light Meals (Soup + Bread Roll) (Sandwiches) Wholemeal Bread on Request	Selection	Desserts *Diabetic Option	Selection	Juice	Selection	Breakfast Cereal (Inc. 150ml Milk)	Selection
	Roast Chicken & Gravy		Hearty Vegetable Soup w/Roll		Orange Jelly & Fruit*		Apple		Cornflakes	
a S	Baked Potato w/Cheesy Mince		, , , , , , , , , , , , , , , , , , , ,		Cheesecake Slice		Orange		Sultana Bran	1
l ĝ	Garden Salad w/Egg		Salad Sandwich - Chicken Cheese						Just Right	1
Monday	Greek Salad		Tuna Salad Sandwich						Weetbix	1
-	Caesar Salad - Plain Chicken								Quick Oats	1
	Pork & Vegetable Pie		Minestrone Soup w/Roll		Custard & Fruit*		Apple		Cornflakes	1
а	Corned Beef w/White Sauce		1 ,		Banana Cake		Orange		Sultana Bran	†
ps	Garden Salad w/Corned Beef		Salad Sandwich - Chicken Cheese				Ĭ		Just Right	1
Tuesday	Greek Salad		Corned beef, Cheese & Relish Sandwich						Weetbix	1
-	Caesar Salad - Plain Chicken		·						Quick Oats	
>	Beef Stroganoff w/Pasta		Chicken & Vegetable Soup w/Roll		Chocolate Mousse*		Apple		Cornflakes	
gg	Hainanese Chicken				Orange Cake		Orange		Sultana Bran	
Jes	Garden Salad w/Corned Beef		Salad Sandwich - Chicken Cheese						Just Right	1
Wednesday	Greek Salad		Corned Beef, Cheese & Relish Sandwich						Weetbix	
Š	Caesar Salad - Plain Chicken								Quick Oats	1
	Macaroni Ham & Cheese		Pea & Ham Soup w/Roll		Apple Crumble*		Apple		Cornflakes	
Jay	Chicken Sausages w/Gravy				Orange Cake		Orange		Sultana Bran	
rsc	Garden Salad w/Egg		Salad Sandwich - Chicken Cheese						Just Right	
Thursday	Greek Salad		Curried Egg Sandwich						Weetbix	
-	Caesar Salad - Plain Chicken								Quick Oats	
	Crumbed Fish w/Cheese Sauce		Curried Yellow Split Pea Soup w/Roll		Fruit Salad*		Apple		Cornflakes	
≥	Pork Meatballs w/Sweet & Sour Sauce				Custard Danish*		Orange		Sultana Bran	
Friday	Garden Salad w/Egg		Salad Sandwich - Chicken Cheese						Just Right	
ᆙ	Greek Salad		Tuna Salad Sandwich						Weetbix	
	Caesar Salad - Plain Chicken								Quick Oats	
>	Zucchini & Corn Fritters		Refer to any Soup in Week 4		Refer to any Dessert in		Apple		Cornflakes	
da en)	Refer to any Main Meal in Week 4				Week 4		Orange		Sultana Bran	
Saturdday (Frozen)									Just Right	
E at			Ham & Cheese Sandwich						Weetbix	
S									Quick Oats	
> =	Pumpkin & Spinach Frittata		Refer to any Soup in Week 4		Refer to any Dessert in		Apple		Cornflakes	
da)	Refer to any Main Meal in Week 4				Week 4		Orange		Sultana Bran	
Sunday (Frozen)									Just Right	
S F			Curried Egg Sandwich						Weetbix	
			I .			1		I	1	

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MENU ORDER FORM 2024/2025 - ALL ORDERS MUST INCLUDE A MAIN MEAL SELECTION

SPECIAL REQUIREMENTS (PLEASE CIRCLE): Diabetic / Pureed / Minced / Cut-up / Other_

WK 2	Main Meals	Selection	Light Meals (Soup + Bread Roll) (Sandwiches) Wholemeal Bread on Request	Selection	Desserts *Diabetic Option	Selection	Juice	Selection	Breakfast Cereal (Inc. 150ml Milk)	Selection
	Steak & Mushroom Pie		Creamy Pumpkin Soup w/Roll		Vanilla Mousse*		Apple		Cornflakes	
چ	Pork Cassoulet				Coconut Slice		Orange		Sultana Bran	
lg	Garden Salad w/Egg		Salad Sandwich - Chicken Cheese						Just Right	
	Greek Salad		Tuna Salad Sandwich						Weetbix	
	Caesar Salad - Plain Chicken								Quick Oats	
	Roast Beef & Gravy		Chicken Noodle Soup w/Roll		Pineapple Jelly & Fruit*		Apple		Cornflakes	\Box
ay	Chicken Kebabs w/Herbed Rissoni		•		Marshmallow Slice		Orange		Sultana Bran	
pse	Garden Salad w/Roast Beef		Salad Sandwich - Chicken Cheese						Just Right	
Tuesday	Greek Salad		Roast Beef & Mustard Mayo Sandwich						Weetbix	
-	Caesar Salad - Plain Chicken		·						Quick Oats	
Ŋ	Chicken & Cheese Schnitzel		Potato, Leek, Bacon Soup		Custard & Fruit*		Apple		Cornflakes	
gg	Curried Sausages				Apple/Berry Custard Danish*		Orange		Sultana Bran	
Jes	Garden Salad w/Roast Beef		Salad Sandwich - Chicken Cheese						Just Right	
Wednesday	Greek Salad		Roast Beef & Mustard Mayo Sandwich						Weetbix	
≥	Caesar Salad - Plain Chicken		·						Quick Oats	
	Lamb, Potato, Mushroom Pie		Curried Yellow Split Pea Soup w/Roll		Fruit Salad*		Apple		Cornflakes	
da)	Chicken a la King				Tiramisu		Orange		Sultana Bran	
Thursday	Garden Salad w/Egg		Salad Sandwich - Chicken Cheese						Just Right	
<u>ا</u> با	Greek Salad		Curried Egg Sandwich						Weetbix	
-	Caesar Salad - Plain Chicken								Quick Oats	
	Tempura Fish w/Lemon Sauce		Chicken & Rice Soup		Honey Creamed Rice & Fruit*		Apple		Cornflakes	
<u>~</u>	Spaghetti Bolognese				Carrot Cake		Orange		Sultana Bran	
Friday	Garden Salad w/Egg		Salad Sandwich - Chicken Cheese						Just Right	
Ē	Greek Salad		Tuna Salad Sandwich						Weetbix	
	Caesar Salad - Plain Chicken								Quick Oats	
$\overline{}$	Pumpkin & Cheese Arancini		Refer to any Soup in Week 1		Refer to any Dessert in		Apple		Cornflakes	
Saturdday (Frozen)	Refer to any Main Meal in Week 1				Week 1		Orange		Sultana Bran	
ozo									Just Right	
atı (Fr			Ham & Cheese Sandwich						Weetbix	
o, -									Quick Oats	
	Gnocchi w/Creamy Tomato Sauce		Refer to any Soup in Week 1		Refer to any Dessert in		Apple		Cornflakes	
day	Refer to any Main Meal in Week 1		-		Week 1		Orange		Sultana Bran	
Sunday (Frozen)									Just Right	
S Ē			Curried Egg Sandwich						Weetbix	
			III Main Course mode are served with Vegetable							

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MENU ORDER FORM 2024/2025 - ALL ORDERS MUST INCLUDE A MAIN MEAL SELECTION

SPECIAL REQUIREMENTS (PLEASE CIRCLE): Diabetic / Pureed / Minced / Cut-up / Other______

WK 3	Main Meals	Selection	Light Meals (Soup + Bread Roll) (Sandwiches) Wholemeal Bread on Request	Selection	Desserts	Selection	Juice	Selection	Breakfast Cereal (Inc. 150ml Milk)	Selection
<u> </u>	Beef Goulash	0,	Beef & Vegetable Soup w/Roll	0,	*Diabetic Option Apricot Danish*	0,	Apple	0,	Cornflakes	 "
>	BBQ Chicken Cutlets		Beer & Vegetable 30up W/Koli		Butterscotch Pudding		+ ' '		Sultana Bran	+
lda			Salad Sandwich - Chicken Cheese		Butterscotch Pudding		Orange		Just Right	+
	Garden Salad w/Egg Greek Salad		Tuna Salad Sandwich				+		Weetbix	+
≥	Caesar Salad - Plain Chicken		Turia Salau Sariuwicii				+		Quick Oats	+
	Meatloaf & Gravy		Pea & Ham Soup w/Roll		Fruit Salad*		Apple		Cornflakes	+
<u>></u>	Pork Schnitzel w/Mushroom Sauce		Pea & Halli Soup W/Koli		Orange Cake		Orange		Sultana Bran	+
gg	Garden Salad w/Egg		Salad Sandwich - Chicken Cheese		Orange Cake		Orange		Just Right	+
Tuesday	Greek Salad								Weetbix	+
=	Caesar Salad - Plain Chicken		Curried Egg Sandwich						Quick Oats	+
	Beef Stir Fry w/Rice Noodles		Lloosty Vogotoble Cours w/Dell		Raspberry Jelly & Fruit*		Annlo		Cornflakes	+
lay			Hearty Vegetable Soup w/Roll		<u> </u>		Apple			+
Wednesday	Stuffed Baked Potatoes w/Pulled Pork		Calad Canal Calada China		Baked Cheesecake		Orange		Sultana Bran	+
l Ĕ	Garden Salad w/Egg		Salad Sandwich - Chicken Cheese Cheese						Just Right	+
۸ آ	Greek Salad		Ham & Cheese Sandwich			-	1		Weetbix	+
	Caesar Salad - Plain Chicken								Quick Oats	┿
≥	Chicken Terriyaki w/Mash Potato		Creamy Pumpkin Soup w/Roll		Custard & Fruit*		Apple		Cornflakes	
Thursday	Roast Lamb w/Gravy				Apple Danish*		Orange		Sultana Bran	
l ii	Garden Salad w/ Roast Lamb		Salad Sandwich - Chicken Cheese				+		Just Right	
₽	Greek Salad		Roast Lamb & Tomato Relish Sandwich						Weetbix	
	Caesar Salad - Plain Chicken								Quick Oats	
	Baked Fish w/Bernaise Sauce		Chicken Noodle Soup w/Roll		Hazelnut Mousse*		Apple		Cornflakes	<u> </u>
аУ	Cottage Pie				Pumpkin & Sultana Cake		Orange		Sultana Bran	
Friday	Garden Salad w/ Roast Lamb		Salad Sandwich - Chicken Cheese						Just Right	
ш	Greek Salad		Roast Lamb & Tomato Relish Sandwich						Weetbix	
	Caesar Salad - Plain 🗌 Chicken 📗								Quick Oats	
≥ _	Spinach & Ricotta Canneloni		Refer to any Soup in Week 2		Refer to any Dessert in		Apple		Cornflakes	
lda en	Refer to any Main Meal in Week 2				Week 2		Orange		Sultana Bran	
Saturdday (Frozen)			Ham & Cheese Sandwich						Just Right	
E T									Weetbix	
o,									Quick Oats	
> =	Mushroom Risotto		Refer to any Soup in Week 2		Refer to any Dessert in		Apple		Cornflakes	
da	Refer to any Main Meal in Week 2				Week 2		Orange		Sultana Bran	
Sunday (Frozen)			Curried Egg Sandwich						Just Right	
ΩE									Weetbix	

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one 9601-3728 NAME: ______ MENU ORDER FORM 2024/2025 - ALL ORDERS MUST INCLUDE A MAIN MEAL SELECTION

SPECIAL REQUIREMENTS (PLEASE CIRCLE): Diabetic / Pureed / Minced / Cut-up / Other______

WK 4	Main Meals	Selection	Light Meals (Soup + Bread Roll) (Sandwiches) Wholemeal Bread on Request	Selection	Desserts *Diabetic Option	Selection	Juice	Selection	Breakfast Cereal (Inc. 150ml Milk)	Selection
<u> </u>	Chicken Casserole		Potato, Leek, Bacon Soup		Apple & Blueberry Crumble*	1	Apple		Cornflakes	
≽	Sausages, Onion & Gravy		1 otato, reck, bacon soup		Banana Cake		Orange		Sultana Bran	
ğ	Garden Salad w/Egg		Salad Sandwich - Chicken Cheese		Dariana Care		Orunge		Just Right	+
	Greek Salad		Tuna Salad Sandwich						Weetbix	-
	Caesar Salad - Plain Chicken		Turio Guida Guiranion						Quick Oats	
	Irish Beef Stew		Beef & Vegetable Soup w/Roll		Caramel Mousse*		Apple		Cornflakes	\vdash
аŚ	Salmon Frittata		том от образование в образован		Coconut Slice		Orange		Sultana Bran	
Tuesday	Garden Salad w/Egg		Salad Sandwich - Chicken Cheese						Just Right	
_e,	Greek Salad		Curried Egg Sandwich						Weetbix	
-	Caesar Salad - Plain Chicken		30 30 30 3						Quick Oats	
_ >	Chicken Stir Fry w/Hokkien Noodles		Minestrone Soup w/Roll		Honey Creamed Rice & Fruit*		Apple		Cornflakes	
gg	Beef Lasagne		,		Carrot Cake		Orange		Sultana Bran	
,	Garden Salad w/Egg		Salad Sandwich - Chicken Cheese				1		Just Right	
l be	Greek Salad		Tuna Salad Sandwich						Weetbix	
Š	Caesar Salad - Plain Chicken								Quick Oats	
	Roast Pork w/Gravy		Chicken & Vegetable Soup w/Roll		Lime Jelly & Fruit*		Apple		Cornflakes	
Thursday	Beef Rissoles w/Gravy		<u> </u>		Chocolate Mud Cake		Orange		Sultana Bran	
LS(Garden Salad w/Roast Pork		Salad Sandwich - Chicken Cheese						Just Right	
<u> </u>	Greek Salad		Roast Pork & Chutney Sandwich						Weetbix	
-	Caesar Salad - Plain Chicken		·						Quick Oats	
	Fish Patties w/Hollandaise Sauce		Pea & Ham Soup w/Roll		Custard & Fruit*		Apple		Cornflakes	
≥	Butter Chicken				Tropical Cheesecake		Orange		Sultana Bran	
Friday	Garden Salad w/Roast Pork		Salad Sandwich - Chicken Cheese						Just Right	
ᇉ	Greek Salad		Roast Pork & Chutney Sandwich						Weetbix	
	Caesar Salad - Plain Chicken								Quick Oats	
>	Vegetable Parcel		Refer to any Soup in Week 3		Refer to any Dessert in		Apple		Cornflakes	
da Ju	Refer to any Main Meal in Week 3				Week 3		Orange		Sultana Bran	
oze									Just Right	
Saturdday (Frozen)			Ham & Cheese Sandwich						Weetbix	
S C									Quick Oats	
	Vegetable Stir Fry w/Rice Noodles		Refer to any Soup in Week 3		Refer to any Dessert in		Apple		Cornflakes	
day en)	Refer to any Main Meal in Week 3				Week 3		Orange		Sultana Bran	
Sunday (Frozen)									Just Right	
S F			Curried Egg Sandwich						Weetbix	
									, <u></u>	