

HOW TO ORDER YOUR FROZEN MEAL

To order our **FROZEN MEALS**, please enter the number next to the meal **on the menu**.

Example:

Frozen Meal No ...**3**..

Sometimes the frozen meal chosen is not available. If so, it will be substituted

FROZEN MEALS

1. Roast Pork & Gravy GF/DF
2. Roast Beef & Gravy GF/DF
3. Roast Chicken & Gravy GF/DF
4. Beef Goulash GF/DF
5. Chicken Korma GF
6. Irish Lamb Stew GF/DF
7. Savoury Mince GF/DF
8. Meatloaf & Onion Gravy
9. Braised Steak & Onions GF/DF
10. Apricot Chicken GF/DF
11. Silverside with Onion & Parsley Sauce
12. Sweet & Sour Fish GF/DF
13. Pasta Carbonara
14. Bacon & Cheese Quiche GF
15. Vegetarian Mains
16. Spaghetti Bolognese
17. Lamb Koftas
18. Roast Lamb & Gravy GF/DF
19. Fish & Vegetable Pie GF/DF
20. Beef Lasagna

GF = GLUTEN FREE DF = DAIRY

Cairns Meals on Wheels
Barlow Park
Cnr Scott & Severin Sts.
CAIRNS

Ph: 40 511 300

Fax: 40 511 522

Email:

cnsnow@westnet.com.au

OFFICE HOURS

8.00am-4.00pm

Monday-Friday

IF YOU HAVE ANY
PROBLEMS WITH THE
MENU OR WHAT FOOD
CHOICES ARE ON OFFER,
PLEASE CONTACT THE
OFFICE ON 40 511 300 AND
CHAT TO ONE OF OUR
STAFF



SAMPLE MENU



Name:

Run:

MENU

For fortnight:

Monday 15th August 2022

to

Friday 26th August 2022

Weeks 1 & 2

PLEASE RETURN BY

FRIDAY

29th July 2022

**REMEMBER IF YOU DO
NOT RETURN YOUR MENU
YOU WILL BE SENT THE
MEAL OF THE DAY**

ALL HOT, CHILLED, FROZEN & VEGETARIAN MEALS COME WITH POTATO, PASTA OR RICE AND THREE VEGETABLES

MARK CLEARLY YOUR MEAL CHOICES. IF YOU DON'T MAKE A CHOICE YOU WILL BE SENT MEAL OF THE DAY.

Monday 15th August

- Apricot Chicken & Rice **DF/GF**
- Bacon & Cheese Quiche **GF**
- Vegetarian - Pumpkin & Sweet Potato Curry **DF/GF**
- Frozen Meal # _____
- Salad - Egg & Cheese
- Sandwich - Egg, Mayo & Salad

Tuesday 16th August

- Beef Lasagna
- Irish Lamb Stew **DF/GF**
- Vegetarian - Spinach, Cheese, Tomato Baked Potato **GF**
- Frozen Meal # _____
- Salad - Turkey
- Sandwich - Turkey & Cranberry Sauce

Wednesday 17th August

- Roast Chicken & Gravy **DF/GF**
- Pasta Carbonara
- Vegetarian - Vegetable Cornish Pastie
- Frozen Meal # _____
- Salad - Chicken
- Sandwich - Chicken, Mayo & Salad

Thursday 18th August

- Pickled Pork & Mustard Sauce
- Braised Steak & Onion Gravy **DF/GF**
- Vegetarian - Spinach & Ricotta Cannelloni
- Frozen Meal # _____
- Salad - Pickled Pork
- Sandwich - Pickled Pork & Salad

SAMPLE MENU

Friday 19th August

- Baked Fish W/Sweet & Sour Sauce & Rice **DF/GF**
- Curried Sausages & Rice **DF/GF**
- Vegetarian - Lentil & 4 Bean Shepherds Pie **GF**
- Frozen Meal # _____
- Frozen Meal # _____
- Salad - Baked Fish **GF**
- Sandwich - Salmon & Salad

Monday 22nd August

- Savoury Mince **DF/GF**
- Chicken Korma & Rice **GF**
- Vegetarian - Potato & Spinach Cakes **DF**
- Frozen Meal # _____
- Salad - Egg & Cheese
- Sandwich - Egg, Mayo & Salad

Tuesday 23rd August

- Sweet & Sour Pork & Rice **DF/GF**
- Beef Hot Pot **DF/GF**
- Vegetarian - Vegetable Lasagna
- Frozen Meal # _____
- Salad - Ham & Pineapple
- Sandwich - Ham, Cheese & Tomato

Wednesday 24th August

- Roast Beef & Gravy **DF/GF**
- Shepherds Pie **GF**
- Vegetarian - Cheese, Tomato & Spinach Quiche **GF**
- Frozen Meal # _____
- Salad - Roast Beef
- Sandwich - Roast Beef & Salad

SAMPLE MENU

Thursday 25th August

- Butter Chicken & Rice **DF**
- BBQ Pork & Rice **DF/GF**
- Vegetarian Eggplant Parmigiana
- Frozen Meal # _____
- Salad - BBQ Pork
- Sandwich - Chicken, Mayo & Salad

Friday 26th August

- Beef Goulash **DF/GF**
- Fish & Vegetable Pie **GF**
- Vegetarian - Cheese & Asparagus Vol Au Vonts
- Frozen Meal # _____
- Frozen Meal # _____
- Salad - Bacon, Avocado, Lettuce & Tomato
- Sandwich - Bacon, Avocado, Lettuce & Tomato

SANDWICHES can also be ordered as an extra at a cost of **\$4.00** if you have a full meal package

FROZEN MEAL choices are listed on the following page. Space has been provided on Friday's menus to order 2 frozen meals for the weekend if needed.

GF = GLUTEN FREE

DF = DAIRY FREE