

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

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

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 26th August 2022

to

Friday 9th September 2022

Weeks 3 & 4

PLEASE RETURN BY

FRIDAY

12th August 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 29th August

- Silverside W/ Onion & Parsley Sauce
- Lamb Koftas with Mint Gravy **DF**
- Vege - Mushroom Omelette **DF/GF**
- Frozen Meal # _____
- Salad - Egg & Cheese
- Sandwich - Egg, Mayo & Salad

Tuesday 30th August

- Spaghetti Bolognese
- Butter Chicken W/Rice **GF**
- Vegetarian - Carrot & Quinoa Fritters W/Basil Pesto Sauce **GF/DF**
- Frozen Meal # _____
- Salad - Silverside
- Sandwich - Silverside & Salad

Wednesday 31st August

- Roast Pork/Apple & Sage Gravy **DF/GF**
- Meatloaf with Onion Gravy **DF**
- Vegetarian - Vegetable Bolognese
- Frozen Meal # _____
- Salad - Meatloaf
- Sandwich - Roast Pork & Salad

Thursday 1st September

- Beef Rissoles & Tomato Gravy **DF**
- Moroccan Chicken & Rice **GF/DF**
- Vegetarian - Vegetable & Bean Enchilada **GF**
- Frozen Meal # _____
- Salad - Moroccan Chicken
- Sandwich - Moroccan Chicken & Salad

Friday 2nd September

- Crumbed Pork Cutlet W/Rice & Teriyaki Sauce **DF**
- Salmon & Potato Cakes **GF/DF**
- Vegetarian Pumpkin & Spinach Crepes W/Pumpkin Puree
- Frozen Meal # _____
- Frozen Meal # _____
- Frozen Meal # _____
- Salad - Salmon
- Sandwich - Salmon & Salad

Monday 5th September

- Braised Steak & Onions **GF/DF**
- Irish Lamb Stew **DF/GF**
- Vegetarian - Spinach & Ricotta Cannelloni
- Frozen Meal # _____
- Salad - Egg & Cheese
- Sandwich - Egg, Mayo & Salad

Tuesday 6th September

- Roast Chicken & Gravy **GF/DF**
- Beef Lasagna
- Vegetarian - Lentil & 4 Bean Shepherds Pie **GF/DF**
- Frozen Meal # _____
- Salad - Chicken
- Sandwich - Chicken Mayo & Salad

Wednesday 7th September

- Cottage Pie **GF**
- Bacon & Cheese Quiche **GF**
- Vegetarian - Vegetable Cornish Pastie
- Frozen Meal # _____
- Salad - Ham & Cheese
- Sandwich - Ham, Cheese & Salad

Thursday 8th September

- Roast Lamb W/Mint Gravy **GF/DF**
- Chicken Rissoles W/Gravy **DF**
- Vegetarian - Mediterranean Vegetable Frittata **GF**
- Frozen Meal # _____
- Salad - Roast Lamb
- Sandwich - Roast Lamb & Salad

Friday 9th September

- Mince Beef & Vege Pie
- Baked Fish W/Sweet & Sour Sauce & Rice **GF/DF**
- Vegetarian - Cheese & Asparagus Vol Au Vonts
- Frozen Meal # _____
- Frozen Meal # _____
- Frozen Meal # _____
- Salad - Baked Fish **GF**
- Sandwich - Tuna, Mayo & Salad

SAMPLE MENU

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SANDWICHES can also be ordered as an extra at a cost of \$4.00 if you have a full meal package on the same day.

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

GF = GLUTEN FREE

DF = DAIRY FREE