



**Meals on Wheels**  
Cowra-Grenfell

## HOT MEAL MENU

### Week 2

Day 1- Monday	Tick
Braised Lamb Chops	
Sweet & Sour Chicken	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Chocolate Crème Mousse & sliced Peaches	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 2

Day 2 – Tuesday	Tick
Beef Minute Steak & Gravy	
Apricot Chicken	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Pannacotta & Two Fruits	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 2

Day 3 – Wednesday	Tick
Roast Chicken & Gravy	
Beef Stroganoff	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Trifle & Fruit Salad	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 2

Day 4 - Thursday	Tick
BBQ Day	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Bread & Butter Pudding & Cream	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 2

Day 5 - Friday	Please
Fish Poached in Mornay Sauce	
Meatballs in Tomato Sauce	
<b>Desserts (1 Dessert item &amp; 1 Juice)</b>	
Chocolate Lava Pudding & Cream	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 2

Day 6 - Saturday	Please
Grilled Lamb Chops & Onion Gravy	
Chicken & Vegetable Curry	
<b>Desserts (1 Dessert item &amp; 1 Juice)</b>	
Crème Caramel & Sliced Pears	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 2

Day 7 - Sunday	Please
Roast Pork & Apple Sauce Gravy	
Cottage Pie	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Lemon Meringue Pie & Custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

**Meal package includes 1 main/Salad,**

**1 Dessert, 1 Juice \$9.50**

**Vegetarian or Puree Meals available if requested, speak to staff.**

**All Meals come with Seasonal Vegetables.**

**Please tick what you would like to order each day for the four weeks. Advise of any dislikes to staff.**



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## HOT MEAL MENU

### Week 3

Day 8 - Monday	Tick
Beef Schnitzel & Gravy	
Chicken A La King	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Chocolate Bavarian	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 3

Day 9 - Tuesday	Tick
Chicken Parmigana	
Country Lamb Casserole	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Apple Crumble & Custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 3

Day 10 - Wednesday	Tick
Roast Lamb Rosemary/Garlic & Gravy	
Chicken Chasseur	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Chocolate Self Saucing Pudding with Custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 3

Day 11 - Thursday	Tick
BBQ ay	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Cheesecake & Custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 3

Day 12 - Friday	Tick
Baked Fish & Lemon	
Beef & Mushroom Casserole	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Carrot Cake & Custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 3

Day 13 - Saturday	Tick
Sausages & Onion Gravy	
Chicken & Vegetable Curry	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Creamed Rice & Sliced Peaches	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 3

Day 14- Sunday	Tick
Roast Chicken & Gravy	
Lamb & Mushroom Hot Pot	
<b>Desserts (1 Dessert item &amp; 1 Juice)</b>	
Pavlova & Passionfruit	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

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requested, speak to staff.*

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### Week 4

## HOT MEAL MENU

Day 15 Monday	Tick
Pork Medallions with Plum Sauce	
Apple Chicken Curry	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Apple Danish & Custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 4

Day 16 - Tuesday	Tick
Chicken Kiev	
Morrocan Lamb Curry	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Jelly Fruit & Custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 4

Day 17 – Wednesday	Tick
Corned Silverside & White sauce	
Chicken Stroganoff	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Honey Buzz Custard & Two Fruits	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 4

Day 18 - Thursday	Tick
BBQ Day	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Berry Delight(Blueberries)	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

Day 19 - Friday	Tick
Battered Fish	
Smokey Bbq Meatballs	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Apple Pie & Custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 4

Day 20 - Saturday	Tick
Baked Beef Medallions & Gravy	
Sweet & Sour Pork	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Bread & Butter Pudding & Custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 4

Day 21 - Sunday	Tick
Roast Lamb & Gravy	
Chicken & Tomato Hot Pot	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Trifle & Sliced Peaches	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

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### Week 4

### Week 1



## HOT MEAL MENU

Day 22 - Monday	Tick
Steak w/Creamy Worcestershire Sauce	
Chicken Bacon & Mushroom Casserole	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Orange Poppy Seed Cake & Custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 1

Day 23 - Tuesday	Tick
Lamb Medallions & Gravy	
Steak and Kidney	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Apple Crunch Pie & Custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 1

Day 24 - Wednesday	Tick
Roast Pork & Gravy	
Creamy Herb Chicken	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Chocolate Lava Cake & Custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 1

Day 25 - Thursday	Tick
BBQ Day	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Apple Danish & Custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 1

Day 26 - Friday	Tick
Crumbed Fish	
Steak & Pineapple Casserole	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Crème Caramel & Slice Peaches	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 1

Day 27 - Saturday	Tick
Rissoles & Gravy	
Honey Glazed Pork Chop	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Lemon Drizzel Cake & Custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

### Week 1

Day 28 - Sunday	Tick
Roast Beef Rosemary/Garlic & Gravy	
Tropical Chicken Curry	
<b>Desserts(1 Dessert item &amp; 1 Juice)</b>	
Pineapple Delight & custard	
Yoghurt	
Fresh Fruit	
Orange or Apple Juice	

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**NAME.....**