

Name: _____ **Run:** _____

Summer Menu
18/10/2026 to 03/04/2027

CHSP Prices: Main \$8 | Mini \$5 | Dessert \$2.50 | Fruit \$2 | Soup \$2 | Sandwich \$3.50 | Pie & Sausage Roll \$4.50 | Protein Smoothie \$4 | Up N Go \$2.00 | Juice \$.50

For Support At Home (SAH), NDIS and Public Sale pricing, see the back page.

Alternative Daily Meal Options: Chicken Schnitzel & Gravy / Parmigiana / Cordon Bleu / Kiev, Meatballs & Spaghetti, Meatballs & Gravy, Meat Pie & Gravy, Bangers & Mash, Crumb Fish.

Alternative Daily Sandwich Options: Ham Cheese Tomato, Egg Lettuce Mayo, Chicken Lettuce Mayo.

Meals are served with three vegetables. DF = dairy free | LG = low gluten | VEG = vegetarian |

MONDAY - Served w/ Carrot, Beans

PLEASE CIRCLE MEAL SIZE - Main or Mini

- ☐ Creamy Garlic Prawns w/ Rice LG
- ☐ Beef Steak w/ Mash Potato & Diane Gravy LG
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Yoghurt & Fruit LG
- ☐ **Frozen Soup:** Creamy Cauliflower LG

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Sandwich:** Ham & Cheese
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

TUESDAY – Served w/ Mash Potato, Sweet Potato, Peas

- ☐ Chicken Kiev
- ☐ Beef Rissoles w/ Onion Gravy DF
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Chocolate Bavarian
- ☐ **Frozen Soup:** Thai Prawn & Coconut  LG DF

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Sandwich:** Chicken, Tomato & Lettuce
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

WEDNESDAY - Served w/ Roast Potato, Pumpkin, Broccoli

- ☐ Roast Lamb w/ Mint Gravy LG DF
- ☐ Roast Pork w/ Gravy LG DF
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Blueberry Delight Cake
- ☐ **Frozen Soup:** Cream Of Chicken

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Salad:** Prawn Cocktail
- ☐ **Sandwich:** Curried Egg & Lettuce
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

THURSDAY - Served w/ Steamed Potato, Carrot, Beans

- ☐ Chicken Florentine
- ☐ Vegetable Lasagna **VEG** LG
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Passionfruit Tart
- ☐ **Frozen Soup:** Beef & Vegetable LG DF

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Salad:** Pork & Crispy Noodle
- ☐ **Sandwich:** Tuna, Lettuce & Mayo
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

FRIDAY - Served w/ Sweet Potato, Peas

- ☐ Crumb Fish w/ Mash Potato DF
- ☐ Beef Stroganoff w/ Pasta
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Apple Pie w/ Custard
- ☐ **Frozen Soup:** Broccoli & Cheddar

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Salad:** Sticky Chicken Wings
- ☐ **Sandwich:** Turkey & Salad
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

Name: _____ Run: _____

Alternative Daily Meal Options: Chicken Schnitzel & Gravy / Parmigiana / Cordon Bleu / Kiev, Meatballs & Spaghetti, Meatballs & Gravy, Meat Pie & Gravy, Bangers & Mash, Crumb Fish.

Alternative Daily Sandwich Options: Ham Cheese Tomato, Egg Lettuce Mayo, Chicken Lettuce Mayo.

Meals are served with three vegetables. DF = dairy free | LG = low gluten | VEG = vegetarian

MONDAY - Served w/ Carrot, Buk Choy

PLEASE CIRCLE MEAL SIZE - Main or Mini

- ☐ Apricot Chicken w/ Rice LG DF
- ☐ Pork Curry w/ Rice  LG DF
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Lemon Raspberry Muffin
- ☐ **Frozen Soup:** Pumpkin DF LG

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Sandwich:** Corned Beef, Cheese & Pickle
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

TUESDAY – Served w/ Mash Potato, Pumpkin, Broccoli

- ☐ Bangers & Mash DF
- ☐ Chicken Parmigiana
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Fruit & Custard LG
- ☐ **Frozen Soup:** Pork & Bean LG DF

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Sandwich:** Curried Egg
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

WEDNESDAY - Served w/ Roast Potato, Carrot, Beans

- ☐ Roast Beef w/ Gravy LG DF
- ☐ Roast Turkey w/ Gravy LG DF
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Carrot Cake
- ☐ **Frozen Soup:** Creamy Tomato & Basil LG

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Salad:** Ginger Chicken
- ☐ **Sandwich:** Bacon, Lettuce & Tomato
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

THURSDAY - Served w/ Sweet Potato, Corn, Brussel Sprouts

- ☐ Tuna Mornay
- ☐ Chickpea Fritters w/ Garlic Sauce **VEG** LG
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Trifle
- ☐ **Frozen Soup:** Chicken Noodle DF

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Salad:** Roast Beef
- ☐ **Sandwich:** Turkey, Cheese & Cranberry
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

FRIDAY - Served w/ Mash Potato, Carrot, Peas

- ☐ Silverside w/ Parsley Sauce
- ☐ Chicken & Corn Casserole LG
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Apple Strudel w/ Custard
- ☐ **Frozen Soup:** Fish Chowder LG

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Salad:** Salmon & Pasta
- ☐ **Sandwich:** Ham & Cheese
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

Name: _____ Run: _____

Alternative Daily Meal Options: Chicken Schnitzel & Gravy / Parmigiana / Cordon Bleu / Kiev, Meatballs & Spaghetti, Meatballs & Gravy, Meat Pie & Gravy, Bangers & Mash, Crumb Fish.

Alternative Daily Sandwich Options: Ham Cheese Tomato, Egg Lettuce Mayo, Chicken Lettuce Mayo.

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MONDAY - Served w/ Steamed Potato, Beans, Cauli

- ☐ Lamb Hot Pot LG DF
- ☐ Parmesan Pork Steak LG
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Strawberry Coconut Tart
- ☐ **Frozen Soup:** Turkey Chilli LG DF

PLEASE CIRCLE MEAL SIZE - Main or Mini

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Sandwich:** Cream Cheese & Salad
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

TUESDAY - Served w/ Mash Potato, Carrot, Beans

- ☐ Beef Cottage Pie
- ☐ Chicken Schnitzel w/ Gravy
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Turtle Poke Cake
- ☐ **Frozen Soup:** Vegetable Pesto

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Sandwich:** Curried Egg & Lettuce
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

WEDNESDAY - Served w/ Roast Potato, Pumpkin, Peas

- ☐ Roast Lamb w/ Gravy LG DF
- ☐ Baked Fish w/ Lemon Garlic Sauce
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Choc Peanut Butter Cupcake
- ☐ **Frozen Soup:** White Bean & Sausage LG DF

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Salad:** Grilled Chicken & Pineapple
- ☐ **Sandwich:** Ham & Pickle
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

THURSDAY - Served w/ Steam Potato, Carrot, Spinach

- ☐ Beef & Mushroom Stir-fry w/ Noodles DF
- ☐ Broccoli & Cheddar Quinoa Balls **VEG**
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Bread & Butter Pudding w/ Custard
- ☐ **Frozen Soup:** Potato & Leek LG

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Salad:** Greek Salad **VEG**
- ☐ **Sandwich:** Chicken Caesar
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

FRIDAY - Served w/ Mash Potato, Sweet Potato, Broccoli

- ☐ Salmon Pasta Bake
- ☐ Devilled Pork Sausages LG DF
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Sticky Date Pudding w/ Custard
- ☐ **Frozen Soup:** Beef Minestrone DF

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Salad:** Garlic Prawns w/ Couscous
- ☐ **Sandwich:** Tuna, Cottage Cheese & Avo
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

Week 4

Summer Menu
18/10/2026 to 03/04/2027

Name: _____ **Run:** _____

Alternative Daily Meal Options: Chicken Schnitzel & Gravy / Parmigiana / Cordon Bleu / Kiev, Meatballs & Spaghetti, Meatballs & Gravy, Meat Pie & Gravy, Bangers & Mash, Crumb Fish.

Alternative Daily Sandwich Options: Ham Cheese Tomato, Egg Lettuce Mayo, Chicken Lettuce Mayo.

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MONDAY - Served w/ Mash Potato, Carrot, Brussel Sprouts

- ☐ Beef Steak w/ Pepper Gravy LG DF
- ☐ Honey Mustard Chicken LG
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Tiramisu Muffin
- ☐ **Frozen Soup:** Mushroom & Lentil LG

PLEASE CIRCLE MEAL SIZE - Main or Mini

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Sandwich:** Roast Beef & Relish
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

TUESDAY - Served w/ Steam Potato, Sweet Potato, Peas

- ☐ Turkey Rissoles w/ Gravy DF
- ☐ Chicken Cordon Bleu
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Vanilla Cheesecake
- ☐ **Frozen Soup:** Cream Asparagus & Zucchini LG

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Sandwich:** Chicken & Coleslaw
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

WEDNESDAY - Served w/ Roast Potato, Pumpkin, Cabbage

- ☐ Roast Beef w/ Gravy LG DF
- ☐ Roast Chicken w/ Gravy LG DF
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Red Velvet Brownie w/ Custard
- ☐ **Frozen Soup:** Ham Hock & Vegetables LG DF

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Salad:** Thai Pork
- ☐ **Sandwich:** Spicy Tuna & Salad
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

THURSDAY - Served w/ Mash Potato, Sweet Potato, Beans

- ☐ Sweet & Sour Pork w/ Rice LG DF
- ☐ Mushroom Wellington **VEG**
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Chocolate Sheet Cake w/ Custard
- ☐ **Frozen Soup:** Southwest Chicken 

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Salad:** Chicken Caesar
- ☐ **Sandwich:** Curried Egg & Lettuce
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

FRIDAY - Served w/ Mash Potato, Pumpkin, Corn

- ☐ Pork Stew LG DF
- ☐ Greek Style Fish DF
- ☐ **Daily Alternative:**
- ☐ **Dessert:** Apple Crumble W/ Custard
- ☐ **Frozen Soup:** Chicken & Mushroom

- ☐ **Salad:** Chicken / Ham / Salmon
- ☐ **Salad:** Curried Egg & Potato **VEG**
- ☐ **Sandwich:** Ham & Salad
- ☐ **Daily Alternative:**
- ☐ Fresh Fruit

Week 4 of 4 – Menu rotates every four weeks

Name:

Run:

Frozen Menu

BEEF	CHICKEN	PORK
Beef Steak w/ Diane Gravy LG	Chicken Kiev	Roast Pork w/ Gravy LG DF
Beef Rissoles w/ Onion Gravy DF	Chicken Florentine	Pork Curry w/ Rice LG DF 
Beef Stroganoff w/ Pasta	Apricot Chicken w/ Rice LG DF	Parmesan Pork Steak LG
Bangers & Mash DF	Chicken Parmigiana	Deville Pork Sausages LG DF
Roast Beef w/ Gravy LG DF	Chicken & Corn Casserole LG	Sweet & Sour Pork w/ Rice LG DF
Silverside w/ Parsley Sauce	Chicken Schnitzel w/ Gravy	Pork Stew LG DF
Beef Cottage Pie	Honey Mustard Chicken LG	
Beef & Mushroom Stir-fry DF	Roast Chicken w/ Gravy LG DF	SOUPS
Beef Steak w/ Pepp Gravy LG DF	Cordon Bleu	Creamy Cauliflower LG
Meatballs & Spaghetti		Thai Prawn & Coconut LG DF 
Meatballs & Gravy	DESSERTS	Cream Of Chicken LG
Meat pie & Gravy	Yoghurt & Fruit LG	Beef & Vegetable LG DF
	Chocolate Bavarian	Broccoli & Cheddar
FISH	Blueberry Delight Cake	Pumpkin DF LG
Creamy Garlic Prawns w/ Rice LG	Passionfruit Tart	Pork & Bean LG DF
Crumb Fish DF	Apple Pie w/ Custard	Creamy Tomato & Basil LG
Tuna Mornay	Lemon Raspberry Muffin	Chicken Noodle
Baked Fish w/ Garlic Sauce	Fruit & Custard LG	Fish Chowder LG
Salmon Pasta Bake	Carrot Cake	Turkey Chilli
Greek Style Fish DF	Trifle	Vegetable Pesto
	Apple Strudel	White Bean & Sausage LG DF
TURKEY / LAMB	Strawberry Coconut Tart	Potato & Leek LG
Roast Turkey w/ Gravy LG DF	Turtle Poke Cake w/ Custard	Beef Minestrone DF
Turkey Rissoles w/ Gravy DF	Choc Peanut Butter Cupcake	Mushroom & Lentil LG
Roast Lamb w/ Gravy LG DF	B & B Pudding w/ Custard	Cream Asparagus & Zucchini LG
Lamb Hot Pot LG DF	Sticky Date Pudding w/ Custard	Ham Hock & Vegetables LG DF
	Tiramisu Muffin	Southwest Chicken 
VEGETARIAN	Vanilla Cheesecake	Chicken & Mushroom
Vegetable Lasagna LG	Red Velvet Brownie w/ Custard	DF – Dairy Free
Chickpea Fritters LG	Chocolate Cake w/ Custard	LG – Low Gluten
Broccoli & Cheddar Quinoa Balls	Apple Crumble w/ Custard	
Mushroom Wellington		

Frozen Menu Continued / Information >

PIE VARIETY		
Tuna Mornay	Broccoli & Cauliflower (VEG)	Curry Beef
Plain Beef	Steak & Kidney	Plain Sausage Roll
Cottage	Chicken, Leek & Potato	
Pepper Steak	Chicken & Spinach	

Meal Costs & Contributions

Meal	CHSP	NDIS / SAH Client + (Package)	Direct Sales (unsubsidised)
Main	\$8.00	\$6.00 + (\$12.00)	\$10.00
Mini	\$5.00	\$3.00 + (\$7.00)	\$6.00
Dessert	\$2.50	\$2.00 + (\$3.00)	\$3.50
Soup	\$2.00	\$2.00 + (\$3.00)	\$3.00
Sandwich	\$3.50	\$2.00 + (\$3.00)	\$4.00
Pie/Sausage Roll	\$4.50	\$2.00 + (5.00)	\$5.00
Up & Go Drink	\$2.00	\$1.00 + (\$2.00)	\$3.00
Protein Smoothie	\$4.00	\$3.00 + (\$3.00)	\$5.00
Fruit	\$2.00	\$1.00 + (\$2.00)	\$2.00

Delivery Times Approx:

- **Tamworth:** 8:15 am – 10:00 am
- **Kootingal & Moonbi:** 9.30 am – 12 pm

Important Information

✓ **Changes to your order** (including cancellations or meal changes) must be made **at least 2 business days before your scheduled delivery.**

✓ If you have a **medical appointment or won't be home**, please **contact our office as soon as possible** so we can make alternative delivery arrangements.

✓ There are **no deliveries on weekends or public holidays.** Frozen meals are delivered during the week to cover these days.

Receive a **FREE 110 ml juice cup** on request when you order **2 or more meal items** on a single day. (*Juices are delivered in bulk once per week*)

Tamworth Meals On Wheels 6765 8999