

Nutrition & Food Services MEALS ON WHEELS MENU (1)

New Winter Menu starts from 19/05/2025.

Monday			Tuesday			Wednesday			Thursday			Friday		
WEEK ONE	☐	Braised Sausages or	☐	Butter Chicken (GF)	☐	Roast Beef (GF)& Gravy	☐	Chicken Casserole (GF)	☐	Meat Loaf & Gravy	Number of frozen meals REQ			
	☐	or	☐	or	☐	or	☐	or	☐	or				
	☐	Oakhill Potato with Bacon	☐	Bacon & Egg Pie or	☐	or	☐	Corned Beef (GF) & Onion Sauce	☐	Crumbed Fish & Tartare Sauce				
	☐	or	☐	Cottage Cheese Moussaka	☐	Macaroni Cheese NO Bacon	☐	or	☐	or				
	☐	Pumpkin Souffle (GF)	☐		☐		☐	Pumpkin & Spinach Tart	☐	Vegetarian Frittata (GF)				
	☐	Parsley Potato or	☐	Rice	☐	Roast Potato or	☐	Gourmet Potato or	☐	Parsley Potato or				
	☐	Mashed Potato	☐	Mashed Potato	☐	Mashed Potato	☐	Mashed Potato	☐	Mashed Potato				
	☐		☐		☐		☐		☐					
	☐	Creamy Rice & Apple (GF)	☐	Steamed Pudding & Custard or	☐	Baked Orange Pudding & Custard or	☐	Lemon Sponge or	☐	Fruit Shortcake & Custard or				
☐	Canned Fruit	☐	Canned Fruit	☐	Canned Fruit	☐	Canned Fruit	☐	Canned Fruit					
WEEK TWO	Monday		Tuesday		Wednesday		Thursday		Friday		Number of frozen meals REQ			
	☐	Shepherds Pie(GF) or Macaroni Cheese With Bacon or Macaroni Cheese NO Bacon	☐	Baked Fish & Lemongrass Sce or Pork Schnitzel & Gravy or Egg & Vege Mornay	☐	Savoury Mince (GF) or Baked Chicken(GF) & Gravy or Chinese Omelette	☐	Roast Pork (GF)& Gravy & Apple Sauce or Vegetarian Lasagne	☐	Curried Beef (GF) or Pork Chow Mein or Vegetarian Scalloped Potato				
	☐	Parsley Potato or Mashed Potato	☐	Rice or Mashed Potato	☐	Gourmet Potato or Mashed Potato	☐	Roast Potato or Mashed Potato	☐	Rice or Mashed Potato				
	☐		☐		☐		☐		☐					
	☐	Fruited Jelly (GF) or Yoghurt	☐	Dutch Apple Cake & Custard or Canned Fruit	☐	Caramel Mousse or Canned Fruit	☐	Fruit Crumble & Custard or Canned Fruit	☐	Trifle or Canned Fruit				
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Nutrition & Food Services MEALS ON WHEELS MENU (2)

New Winter Menu starts from 19/05/2025.

Monday		Tuesday		Wednesday		Thursday		Friday			
WEEK THREE	☐ Spaghetti Bolognaise or ☐ Oakhill Potato with Bacon or ☐ Pumpkin Souffle (GF)	☐ Crumbed Fish & Tartare Sauce or ☐ Bacon & Egg Pie or ☐ Cottage Cheese Moussaka	☐ Roast Beef (GF)& Gravy or ☐ Vegetarian Quiche	☐ Chicken Casserole (GF) or ☐ Curried Sausages (GF) & Rice or ☐ Corn Fritter & Sweet Chilli Sauce	☐ Meat Loaf & Gravy or ☐ Pork Schnitzel & Gravy or ☐ Vegetarian Frittata	Number of frozen meals REQ					
	☐ Mashed Potato	☐ Gourmet Potato or ☐ Mashed Potato	☐ Roast Potato or ☐ Mashed Potato	☐ Mashed Potato	☐ Parsley Potato or ☐ Mashed Potato						
	☐ Creamy Rice & Apple (GF) ☐ Canned Fruit	☐ Steamed Pudding & Custard or ☐ Canned Fruit	☐ Chocolate Mousse (GF) or ☐ Canned Fruit	☐ Lemon Sponge or ☐ Canned Fruit	☐ Fruit Shortcake & Custard or ☐ Canned Fruit						
	Monday		Tuesday		Wednesday		Thursday		Friday		
	☐ Argentine Beef (GF) or ☐ Macaroni Cheese With Bacon or ☐ Pasta Ratatouille	☐ Smoked Fish Pasta or ☐ Baked Chicken(GF) & Gravy or ☐ Egg & Vege Mornay	☐ Steak & Vegetable Casserole (GF) or ☐ Ham Steak (GF) & Pineapple Sauce (GF) or ☐ Chinese Omelette	☐ Roast Pork (GF) & Gravy & Apple Sauce or ☐ Vegetarian Lasagne	☐ Beef Korma (GF) or ☐ Pork Chow Mein or ☐ Vegetarian Scalloped Potato		Number of frozen meals REQ				
	☐ Parsley Potato or ☐ Mashed Potato	☐ Parsley Potato or ☐ Mashed Potato	☐ Gourmet Potato or ☐ Mashed Potato	☐ Roast Potato or ☐ Mashed Potato	☐ Rice or ☐ Mashed Potato						
	☐ Fruited Jelly (GF) or ☐ Yoghurt	☐ Dutch Apple Cake & Custard or ☐ Canned Fruit	☐ Steamed Pudding & Custard or ☐ Canned Fruit	☐ Fruit Crumble & Custard or ☐ Canned Fruit	☐ Trifle or ☐ Canned Fruit						
	☐ Mashed Potato	☐ Mashed Potato	☐ Mashed Potato	☐ Mashed Potato	☐ Mashed Potato						