

Winter 2022

3-Week Menu

WEEK 1	WEEK 2	WEEK 3
Monday	Monday	Monday
Irish Lamb Stew (GF) Chicken Parmigiana Hearty Curried Veg Pie (V) Tomato Soup (V) (GF) Sandwiches Protein Smoothie Dessert	Creamy Tuscan Chicken (GF) Silverside with White Sauce Creamy Tuscan Veg & Pasta (V) Cauliflower & Bacon Soup (GF) Sandwiches Protein Smoothie Dessert	Beef Stroganoff (GF) Ham Steaks with Pineapple & Cheese (GF) Vegie Sausages & Gravy (V) (GF) Lentil & Bacon Soup (GF) Sandwiches Protein Smoothie Dessert
Tuesday	Tuesday	Tuesday
Asian Chicken Thighs (GF) Beef Bolognese Pasta Bake Veg Bolognese Pasta Bake (V) Pea & Ham Soup (GF) Sandwiches Protein Smoothie Dessert	Roast Lamb, Gravy & Mint Jelly (GF) Pork Stir Fry with Fried Rice (GF) Lentil & Veg Casserole (V) (GF) Creamy Potato & Mushroom Soup (V) (GF) Sandwiches Protein Smoothie Dessert	Beef Sausages & Gravy (GF) Mild Lamb Curry & Rice (GF) Mushroom Risotto (V) Hearty Vegetable Soup (V) (GF) Sandwiches Protein Smoothie Dessert
Wednesday	Wednesday	Wednesday
Steakettes in Onion Gravy (GF) Salmon Patties + Lemon & Aioli Stuffed Mushroom (V) (GF) Chicken Noodle Soup Sandwiches Protein Smoothie Dessert	Savoury Mince (GF) Creamy Chicken Crepes (GF) Creamy Veg Crepes (V) (GF) Oxtail & Vegetable Soup Sandwiches Protein Smoothie Dessert	Roast Chicken, Veg & Gravy (GF) Beef Chow Mein Vegie Chow Mein (V) French Onion Soup (V) Sandwiches Protein Smoothie Dessert
Thursday	Thursday	Thursday
Roast Pork, Apple Sauce & Gravy (GF) Chicken Drumsticks in Plum Sauce Sundried Tomato & Veg Risotto (V) (GF) Potato & Leek Soup (V) (GF) Sandwiches Protein Smoothie Dessert	Chicken Rissoles & Gravy (GF) Braised Beef (GF) Eggplant Stew (V) (GF) Pumpkin Soup (V) (GF) Sandwiches Protein Smoothie Dessert	Steak & Kidney Casserole (GF) Homestyle Pork Pie Sweet Potato & Asparagus Quiche (V) Chicken & Vegetable Soup (GF) Sandwiches Protein Smoothie Dessert
Friday	Friday	Friday
Curried Sausages & Rice (GF) Baked Fish with Parsley Sauce Vegetable Patties (V) Winter Salad Cream of Chicken Soup (GF) Sandwiches Protein Smoothie Dessert	Mild Mango Chicken Curry & Rice (GF) Crumbed Fish with Lemon & Tartare Pumpkin & Chickpea Curry & Rice (V) (GF) Italian Salad Lamb & Barley Soup Sandwiches Protein Smoothie Dessert	Chicken Casserole (GF) Tuna Mornay & Rice Spinach & Ricotta Patties Chicken Schnitzel Salad Sweet Potato & Bacon Soup (GF) Sandwiches Protein Smoothie Dessert

All meals are cooked fresh daily in our commercial kitchen and delivered by our volunteers to your door.

(V) = Vegetarian (GF) = Gluten Free

All Meals are served with a variety of vegetables each day.

Meals can be delivered hot, Chilled or frozen for re-heating at your convenience.

Mini Meals are available for those with a smaller appetite.

All soups are delivered frozen for safety reasons and re-heating at your convenience.

Sandwiches are either 4 quarters or 6 quarters and include a mixture of fillings.

Desserts are a tasty treat ranging from fruit & custard to muffins, cakes, slices, cheesecake, dumplings etc..

All food items can be ordered on its own or as part of a package that includes dessert and juice.

Call the Armidale Uralla Meals on Wheels office - Mon-Fri 9am – 3pm 6772 8970