

**Winter 2023**
**3 Week Menu Cycle**
**From 17<sup>th</sup> April 2023**

WEEK 1	WEEK 2	WEEK 3
<b>Monday</b>	<b>Monday</b>	<b>Monday</b>
Sweet & Sour Pork & Rice (GF) Chicken Parmigiana Homestyle Mushroom Pie (V) Potato & Leek Soup (V) (GF) Sandwiches Protein Smoothie Dessert	Asian Chicken Thighs (GF) Crumbed Fish with Lemon & Tartare Caramelised Onion & Pumpkin Frittata (V) (GF) French Onion Soup (V) (GF) Sandwiches Protein Smoothie Dessert	Beef Burgundy (GF) Chicken Pastie Vegetable Pastie (V) Tomato Soup (V) (GF) Sandwiches Protein Smoothie Dessert
<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
Roast Lamb, Veg, Mint Jelly & Gravy (GF) Creamy Chicken Pesto Pasta Lentil & Veg Creamy Pesto Pasta (V) (GF) Cream of Chicken Soup (GF) Sandwiches Protein Smoothie Dessert	Fragrant Lamb Curry & Rice (GF) <i>*mild</i> Braised Steak & Onion (GF) Lentil & Vegetable Casserole (V) (GF) Pea & Ham Soup (GF) Sandwiches Protein Smoothie Dessert	Mild Mango Chicken Curry & Rice (GF) Honey Mustard Pork Pie Pumpkin & Chickpea Curry & Rice (V) (GF) Chicken & Vegetable Soup (GF) Sandwiches Protein Smoothie Dessert
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>
Savoury Mince (GF) Ham Steak, Pineapple & Cheese (GF) Green Pea & Leek Risotto (V) (GF) Lamb & Barley Soup (GF) Sandwiches Protein Smoothie Dessert	Roast Chicken, Veg & Gravy (GF) Spaghetti Bolognese Veg Bolognese (V) Hearty Vegetable Soup (V) (GF) Sandwiches Protein Smoothie Dessert	Creamy Mushroom Chicken Thighs (GF) Beef Sausages & Gravy (GF) Tomato, Onion & Feta Quiche (V) Oxtail & Vegetable Soup Sandwiches Protein Smoothie Dessert
<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>
Chicken Cottage Pie (GF) Crumbed Lasagne Parcels Veggie Cottage Pie (V) (GF) Sweet Potato & Bacon Soup (GF) Sandwiches Protein Smoothie Dessert	Ginger Marmalade Pork & Rice (GF) Silverside with White Sauce Polenta Vegetable Bake (V) (GF) Cauliflower & Bacon Soup (GF) Sandwiches Protein Smoothie Dessert	Minted Lamb Rissoles & Gravy (GF) Steak & Kidney Casserole (GF) Veggie Sausages & Gravy (V) (GF) Lentil & Bacon Soup (GF) Sandwiches Protein Smoothie Dessert
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
Curried Sausages & Rice (GF) Salmon Patties with Lemon & Aioli Vegetable Patties (V) (GF) Creamy Potato & Mushroom Soup (GF) Chicken Schnitzel Salad Sandwiches Protein Smoothie Dessert	Honey Soy Chicken Drumsticks (GF) Baked Fish with Parsley Sauce Veggie Chow Mein (V) Chicken Noodle Soup Italian Meatball Salad Sandwiches Protein Smoothie Dessert	Roast Pork, Apple Sauce & Gravy (GF) Crumbed Flounder with Lemon & Tartare Spinach & Feta Roll (V) Pumpkin Soup (V) Winter Salad 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.

Fresh Salads are only available Tuesdays & Thursdays in Summer, Fridays in Winter.

Desserts are a tasty treat ranging from fruit, jelly & 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.

**Armidale Uralla Meals on Wheels T: 6772 8970**

Armidale Showgrounds, Dumaresq Street - Mon-Thurs 9am – 3pm, Fri 9am-2pm