

Summer 2023/2024

3 Week Menu Cycle

From 23rd October 2023

WEEK 1	WEEK 2	WEEK 3
Monday Parmesan Crusted Baked Fish, Napoli Sauce (LG) Homestyle Chunky Beef Pie Creamy Tomato Gnocchi (V) Cream of Chicken Soup (LG) Sandwiches Protein Smoothie Dessert	Monday Roast Beef, Veg & Gravy (LG) Hawaiian Chicken Veggie Patties (V) Creamy Potato & Mushroom Soup (V)(LG) Sandwiches Protein Smoothie Dessert	Monday House-made Beef Risssoles and Gravy (LG) Chicken & Bacon Quiche Cheese & Asparagus Quiche (V) Tomato Soup (V) (LG) Sandwiches Protein Smoothie Dessert
Tuesday Chicken & Leek Casserole (LG) Silverside & White Sauce Veggie Chow Mein (V) Italian Meatball Salad Pea & Ham Soup (LG) Sandwiches Protein Smoothie Dessert	Tuesday Savoury Mince (LG) Tuna Cottage Pie (LG) Zucchini Slice (V) Chicken Caesar Salad Lamb & Barley Soup Sandwiches Protein Smoothie Dessert	Tuesday Mongolian Lamb with Rice (LG) Creamy Tuscan Chicken (LG) Mushroom Risotto (V) (LG) New England Garden Salad (LG) Lentil & Bacon Soup (LG) Sandwiches Protein Smoothie Dessert
Wednesday Satay Pork with Rice (LG) Chicken Drumsticks in Plum Sauce Satay Tofu & Veg with Rice (V)(LG) French Onion Soup (V) Sandwiches Protein Smoothie Dessert	Wednesday Beef Sausages & Gravy (LG) Chicken Carbonara Macaroni & Cheese (V) Sweet Potato & Bacon Soup (LG) Sandwiches Protein Smoothie Dessert	Wednesday Roast Pork, Veg, Apple Sauce, Gravy (LG) House-made Beef Lasagne Vegetarian Lasagne (V) Chicken Noodle Soup Sandwiches Protein Smoothie Dessert
Thursday Roast Chicken, Veg & Gravy (LG) BBQ Lamb Pasta Bake BBQ Lentil & Veg Pasta Bake (V) Roast Meat Salad (LG) Hearty Vegetable Soup (LG) Sandwiches Protein Smoothie Dessert	Thursday Butter Chicken with Rice (LG) Lambs Fry & Bacon in Gravy Pumpkin, Chickpea Curry with Rice (V)(LG) Aussie Bistro Salad (LG) Potato & Leek Soup (V)(LG) Sandwiches Protein Smoothie Dessert	Thursday Steakettes with Diane Sauce (LG) Apricot Chicken with Rice (LG) Stuffed Capsicum (V) (LG) Tuna Salad (LG) Pumpkin Soup (V)(LG) Sandwiches Protein Smoothie Dessert
Friday Mustard Glazed Meatloaf & Gravy (LG) Fish Cakes with Lemon & Aioli Vegetarian Meatloaf & Gravy (V) (LG) Cauliflower & Bacon Soup (LG) Sandwiches Protein Smoothie Dessert	Friday BBQ Glazed Pork (LG) Crumbed Fish with Lemon & Tartare Spinach and Feta Roll (V) Chicken & Vegetable Soup Sandwiches Protein Smoothie Dessert	Friday Hamsteak, Pineapple & Cheese (LG) Baked Fish with Parsley Sauce Homestyle Potato & Leek Pie (V) Oxtail & Vegetable Soup Sandwiches Protein Smoothie Dessert

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

(V) = Vegetarian (LG) = Low Gluten *NB: We produce our LG meals with NO Gluten but there may be traces present

- All Meals are served with a variety of vegetables each day.
- Meals can be delivered hot freshly cooked or delivered 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 re-heating at your convenience.
- Sandwiches available as 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