

Winter 2024
3 Week Menu Cycle
From 8th April 2024

WEEK 1	WEEK 2	WEEK 3
Monday	Monday	Monday
Beef Burgundy (LG) Chicken Parmigiana Homestyle Mushroom Pie (V) Pea & Ham Soup (LG) Sandwiches Protein Smoothie Dessert	Roast Pork, Veg, Apple Sauce & Gravy (LG) Crumbed Lasagne Parcels Vegie Chow Mein (V) Chicken Noodle Soup (LG) Sandwiches Protein Smoothie Dessert	Creamy Mushroom Chicken Thighs (LG) Homestyle Pork Mince Pie Spinach Ricotta Ravioli, Napoli Sauce (V) Hearty Vegetable Soup (V) (LG) Sandwiches Protein Smoothie Dessert
Tuesday	Tuesday	Tuesday
Honey Mustard Chicken Drumsticks (LG) Spaghetti Bolognese Vegie Bolognese(V) Tomato Soup (V) (LG) Sandwiches Protein Smoothie Dessert	Homestyle Minted Lamb Rissoles (LG) Chicken with Creamy Pumpkin Sauce (LG) Roast Veg Polenta Bake (V) Oxtail & Vegetable Soup Sandwiches Protein Smoothie Dessert	Irish Beef Stew (LG) Homestyle Chicken & Leek Pie Lentil & Veg Casserole (V) (LG) Sweet Potato & Bacon Soup (LG) Sandwiches Protein Smoothie Dessert
Wednesday	Wednesday	Wednesday
Roast Chicken, Veg & Gravy (LG) Steak & Kidney Casserole (LG) Zucchini Slice (V)(LG) Pumpkin Soup (V) Sandwiches Protein Smoothie Dessert	Cottage Pie (LG) Crumbed Fish with Lemon & Tartare Vegie Cottage Pie (V) Potato & Leek Soup (V) (LG) Sandwiches Protein Smoothie Dessert	Curried Sausages & Rice (LG) Honey Soy Chicken Drumsticks (LG) Curried Vegie Sausages & Rice (V) Lamb & Barley Soup Sandwiches Protein Smoothie Dessert
Thursday	Thursday	Thursday
Orange Marmalade & Ginger Pork with Rice (LG) Homestyle Lamb & Rosemary Pie Pumpkin & Chickpea Curry & Rice (V) Creamy Potato & Mushroom Soup (V) (LG) Sandwiches Protein Smoothie Dessert	Chicken Sausages & Gravy (LG) Silverside & White Sauce Sundried Tomato Risotto (V)(LG) Chicken & Vegetable Soup (LG) Sandwiches Protein Smoothie Dessert	Roast Lamb, Veg, Gravy & Mint Sauce (LG) Creamy Chicken Pesto Pasta Homestyle Potato & Leek Pie (V) French Onion Soup (V) Sandwiches Protein Smoothie Dessert
Friday	Friday	Friday
Braised Steak & Onion (LG) Crumbed Flounder, Lemon & Tartare Caramelised Onion & Pumpkin Frittata (V) Chicken Schnitzel Salad Lentil & Bacon Soup (LG) Sandwiches Protein Smoothie Dessert	Mild Mango Chicken Curry & Rice (LG) Baked Fish with Parsley Sauce Mushroom Quiche (V) Roast Meat Salad (LG) Cauliflower & Bacon Soup Sandwiches Protein Smoothie Dessert	Hamsteak, Pineapple & Cheese (LG) Salmon Patties, Lemon & Aioli Vegie Patties (V) Winter Salad (LG) Cream of Chicken 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