

Summer 2024-25
3 Week Menu Cycle
From 14th October 2024

WEEK 1	WEEK 2	WEEK 3
Monday	Monday	Monday
Honey Lemon Drumsticks (LG) Beef Ravioli, Creamy Tomato Sauce Spinach/Ricotta Ravioli/Creamy Tomato (V) Pumpkin Soup (LG) Sandwiches Protein Smoothie Dessert	Roast Chicken, Veg & Gravy (LG) Mongolian Lamb & Rice (LG) Veggie Patties (V)(LG) Cauliflower & Bacon Soup (LG) Sandwiches Protein Smoothie Dessert	Hamsteak, Pineapple & Cheese (LG) Beef Stroganoff (LG) Homestyle Vegetable Pie (V) Chicken Noodle Soup (LG) Sandwiches Protein Smoothie Dessert
Tuesday	Tuesday	Tuesday
Fragrant Lamb Curry & Rice *mild (LG) Hawaiian Chicken (Pineapple & Cheese) Pumpkin & Chickpea Curry & Rice (V) Tuna Salad (LG) Oxtail & Vegetable Soup Sandwiches Protein Smoothie Dessert	Homestyle Beef Rissoles & Gravy (LG) Homestyle Pork & Apple Sausage Roll Macaroni & Cheese (V) New England Garden Salad (LG) Tomato Soup (V)(LG) Sandwiches Protein Smoothie Dessert	Chicken & Leek Casserole (LG) Homestyle Fish Pie Tomato & Onion Frittata (V) (LG) Italian Meatball Salad Creamy Potato & Mushroom Soup (V)(LG) Sandwiches Protein Smoothie Dessert
Wednesday	Wednesday	Wednesday
Roast Pork, Veg, Apple Sauce, Gravy (LG) Asian Chicken Thighs (LG) Mushroom Risotto (V)(LG) Potato & Leek Soup (V) Sandwiches Protein Smoothie Dessert	Apricot Chicken & Rice (LG) Silverside & White Sauce Veggie Chow Mein (V) Sweet Potato & Bacon Soup (LG) Sandwiches Protein Smoothie Dessert	Creamy Tuscan Chicken (LG) Homestyle Beef Lasagne Homestyle Veg Lasagne (V) Pea & Ham Soup Sandwiches Protein Smoothie Dessert
Thursday	Thursday	Thursday
Savoury Mince (LG) Chicken & Bacon Quiche Cheese & Asparagus Quiche (V) Aussie Bistro Salad (LG) Hearty Vegetable Soup (V) (LG) Sandwiches Protein Smoothie Dessert	Chicken Cottage Pie (LG) Steakettes in Diane Sauce (LG) Veggie Cottage Pie (V)(LG) Hawaiian Egg Salad (LG) French Onion Soup (V)(LG) Sandwiches Protein Smoothie Dessert	Roast Beef, Veg & Gravy (LG) Satay Pork & Rice (LG) Satay Tofu, Veg & Rice (V)(LG) Chicken Caesar Salad Cream of Chicken Soup Sandwiches Protein Smoothie Dessert
Friday	Friday	Friday
Devilled Sausages (LG) Baked Fish with Parsley Sauce Stuffed Capsicum (V) Lentil & Bacon Soup (LG) Sandwiches Protein Smoothie Dessert	Lambsfry & Bacon in Gravy (LG) Crumbed Fish, Lemon & Tartare Spinach & Feta Roll (V) Chicken & Vegetable Soup (LG) Sandwiches Protein Smoothie Dessert	Lamb & Rosemary Sausages & Gravy (LG) Fish Cakes, Lemon & Aioli Veggie Sausages & Gravy (V) Lamb & Barley 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