





















































JANUARY 2022 - Menu

Restaurant quality meals delivered FREE by friendly volunteers





























































MEALS ON WHEELS - TWEED

Snap Frozen Meal Menu - Great taste and excellent value

Main Meals \$6.00

Brown Rice Vege Patties potato swt potato beans	    	Creamy Veganballs with beans broccoli carrots	 
Vegan Mixed Bean Casserole	    	Yellow Potato Curry with rice & veg melange	   
Mushroom Casserole potato mash spinach carrots	  	Coconut Dahl with basmati rice	  
Vegetarian Parmi creamy tomato sauce & veg		Barramundi with Lemon butter rice & vege	 
Crumbed Whiting Wedges carrots corn peas		Chicken Breast with mango sauce & vegetables	 
Roast Chicken Breast potato carrots peas		Sweet & Sour Chicken steamed rice mixed veg	  
Honey Soy Chicken fried rice carrots beans	  	Chicken Mushroom Casserole potato beans	
Beef Goulash potatoes brussel sprouts		Beef Pot Roast potato carrots peas	 
Beef Casserole potato mash baked pumpkin peas	 	Beef Stroganoff broccoli carrots potato	 
BBQ Sausage pan fried potato broccoli baked beans		Curried Sausages potato mash carrots peas corn	  
Pork Steak Diane potatoes carrots cabbage		Pork Sausage with onion gravy m/potato carrot peas	 
Lamb Bourguignon potato bake		Lamb Casserole potato mash broccoli	 

Main Meals \$7.00








Vegetarian Cottage Pie pumpkin peas	   	Vegetable Pasta Bake carrots beans	  
Macaroni Cheese vege melange peas	 	Curry Prawns with asian greens rice	 
Fish Cake with parsley sauce fries carrots broccoli	 	Apricot Fig Chicken mixed veg potato broccoli	
Curried Chicken boiled rice broccoli carrots		Chicken Asparagus Mornay potato beans vege	 
Chicken Schnitzel mixed vege fries with gravy		Chicken Scallopini bacon potato carrots broccoli	 
Chicken & Vegetable Pie potato pumpkin peas	  	Chicken Strips lemon sauce rice peas & vege	
Butter Chicken with rice	 	Chicken Parmigiana potato pumpkin peas	
Beef & Bacon casserole potato pumpkin broccoli	  	Beef Lasagne pumpkin beans	
Beef Pie with gravy potato mash peas		Silverside potato carrots cauliflower	
Cottage Pie pumpkin beans	  	Honey Mustard Beef potato & vegetable mix	 
Roast Beef with gravy potato pumpkin peas	  	Rissole onion gravy potato mash & veges	
Spaghetti Bolognese w zucchini eggplant leek		Steak & Kidney Pie potato mash carrots beans	
Veal Parmigiana potato mash carrots peas	 	Vienna Schnitzel potato carrots beans	
Ham Steak & Pineapple w potato pumpkin beans	 	Ham & Cheese Omelette rice carrots beans	 
Pork Apple Cranberry Casserole w rice & vege	   	Pork in BBQ sauce fried rice vege mix	
Roast Pork apple gravy pumpkin mash & veges		Sweet & Sour Pork with rice broccoli carrots	 
Roast Lamb w gravy potato pumpkin & greens	 	Crumbed Lamb Patties potato mash & veges	
Mongolian Lamb w mixed vegetables & rice	  		

Texture Modified Main Meals \$6.50

Available for special dietary needs. Please ask when ordering.

Recommended Heating instructions for 1,000 watt microwave
heating times may vary with microwave strength

Mini meals 3 to 5 minutes (instructions on pack) on high <u>DO NOT THAW</u>	Main meals 5 to 7 minutes (instructions on pack) on high <u>DO NOT THAW</u>
Soups - thaw in refrigerator heat for 2 minutes	Desserts - thaw in refrigerator

DIET KEY LEGEND  =Soft  = Low Fat  = Low Salt  = Gluten Free  = Lactose Free  =Vegetarian  = Vegan

Tweed Community Support Inc. - Meals on Wheels - Tweed; Turnock Street, Kingscliff

Phone orders: 02 6674 2205 Online orders: tweedmeals.org

JANUARY 2022 - Menu

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Snap Frozen Meal Menu - Great taste and value

Mini Meals \$5.00

Beef & Bacon Casserole potato pumpkin broccoli	0 ▲ + ★	Beef Stroganoff w rice carrots peas	0 ★
Cottage Pie pumpkin beans	0 ▢ ★	Silverside w parsley sauce potato carrots peas	▢ ★
Meat Pie with gravy potato mash peas		Roast Beef w gravy roast potato pumpkin beans	▲ + ★
Spaghetti Bolognese pumpkin peas	0 ▲	Steak & Kidney Pie potato mash carrots beans	
Sausages w gravy potato mash carrots beans		Roast Lamb w gravy roast potato pumpkin beans	▲ + ★
Roast Pork w gravy roast potato pumpkin peas	▲ + ★	Sweet & Sour Pork with Fried Rice	+
Curried Chicken w rice carrots broccoli	0 ▢	Chicken Asparagus Mornay potato & vege	▲
Chicken Scallopini Bacon potato carrots broccoli	0 ★	Chicken Mushroom Pie w chips & vege	
Chicken and Vege Pie potato pumpkin peas	0 ▲	Chicken Wing in BBQ sauce w fried rice	★
Chicken Pesto Pasta	0	Crumbed Fish w oven fried Chips pumpkin peas	0 +
Curried Prawns with Rice vege melange & peas	▢ ★	Macaroni Cheese vege melange	0 ☁
Spinach & Feta Omelette pumpkin Thai veg	0 ☁ ★	Singapore Noodle stir fry	▢ ☁ +
		Bubble & Squeak with breakfast sausage	

Soups \$2.60

Tomato	0 ★	Minestrone	0 ▢ +
Pumpkin	0 ▢ ▲ ★	Pea and Ham	0 ▢ + ★
Creamy Chicken and Vegetable	0 ▢ ★	Beef and Vegetable	0 ▢ + ★
Potato and Leek	0 ▢ ★	Corn & Bacon chowder	★
Chicken and Corn	+ ★	Chicken and Vegetable broth	0 ▢ ★ +
Chicken Noodle Soup	0 ▢ +		

Desserts \$3.00

Double Chocolate Pudding	0 ▲	Wine Trifle with cream	▲
Peaches and custard	▢ ▲ ★	Rice Pudding	0 ▢ ▲ ★
Sticky Date with caramel sauce	0	Stewed Apple with custard	0 ▢ ▲ ★
Tiramisu	0 ★	Apple Rhubarb Crumble with custard	0 ▲
Berry Crumble with custard		Chocolate Mousse	0 ▢ ☁ ▲ ★
Carrot Cake	☁	Bread & Butter pudding	0 ▲
Vanilla Tea Cake and custard	0	Mango Flavoured Mousse	0 ▢ ▲ ★
Banana Cake		Lemon Cheesecake	0 ▲ ★
Tropical Pavlova	▲ ★	Lemon Cheesecake Mousse	0 ▲ ★

Desserts \$3.30

Strawberry Swirl Cheesecake		Apple Pie with cream	
Apricot Pie with cream	▲		

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