

September 2020 - Menu

Restaurant quality meals delivered FREE by friendly volunteers

**MEALS ON WHEELS - TWEED**

Snap Frozen Meal Menu - Great taste and value

**Main Meals \$6.00**

Brown Rice Patties sweet potato peas carrot corn	☐ ★	Falafel Balls in creamy vegetable risotto	★
Mushroom Casserole potato mash spinach carrots	★	Macaroni with apple sauce	
Pumpkin Curry & basmati rice broccoli & beans	★	Barramundi & lemon butter, rice & vege	○ ★
Crumbed Whiting & Wedges carrots corn & peas	○	Chicken Breast in mango sauce & vegetables	○ ★
Roast Chicken Breast, potato carrots peas	★	Sweet & Sour Chicken steamed rice mixed veg	☐ ★
Turkey/Chicken Stir Fry rice noodles asian veg	★	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	☐	Pork Sausage onion gravy m/potato carrot peas	★
Pork Steak Diane potatoes carrots cabbage	★	Lamb Casserole potato mash broccoli	★
Lamb Bourguignon potato bake	★		

**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 & parsley sauce, fries carrots broccoli	○ ▲	Chicken & Aparagus Mornay, potato beans vege	○ ▲
Curried Chicken, boiled rice broccoli & carrots	○ ☐ ▲	Chicken Scallopini bacon potato carrots broccoli	○ ★
Chicken Schnitzel mixed vege fries & gravy	☐	Chicken Strips, lemon sauce rice peas & vege	
Chicken & Vegetable Pie potato pumpkin peas	○ ☐ ▲	Chicken Parmigiana potato pumpkin peas	
Honey Soy Chicken fried rice carrots & beans	☐	Beef Lasagne, pumpkin & beans	○
Beef & Bacon casserole, potato pumpkin broccoli	○ ▲ ☐ ★	Silverside, potato carrots cauliflower	★
Beef Pie & gravy, potato mash & peas	○	Honey Mustard Beef, potato & vegetable mix	○ ☐ ★
Cottage Pie, pumpkin & beans	○ ☐ ★	Rissolle & onion gravy, potato mash & veges	☐
Roast Beef with gravy potato pumpkin & peas	☐ ★	Steak & Kidney Pie, potato mash carrots beans	○
Spaghetti Bolognese w zuchini eggplant & leek	○	Vienna Schnitzel potato carrots & beans	☐
Veal Parmigiana potato mash carrots & peas	☐ ★	Curried sausages potato mash beans carrots	○
Ham Steak & Pineapple, potato pumpkin beans	○ ▲ ★	Ham & Cheese Omelette, rice carrots & beans	○ ☐
Pork, Apple & Cranberry Casserole 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 & gravy, potato pumpkin & greens	○ ▲ ☐ ★	Crumbed Lamb Patties, potato mash & veges	
Mongolian Lamb w mixed vegetables & rice	○ ☐		

**Blended and Pureed 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 4 minutes on high DO NOT THAW

Main meals 6 minutes on high DO NOT THAW

Soups - thaw in refrigerator heat for 2 minutes

Desserts - thaw in refrigerator

**DIET KEY LEGEND**

○ SOFT ☐ LOW FAT ▲ LOW SALT ★ GLUTEN FREE ☐ LACTOSE FREE

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Mini Meals \$5.00			
Beef & Bacon Casserole, potato pumpkin broccoli	○ ▲ + ★	Beef Stroganoff & rice, carrots & peas	○ ▢ ★
Cottage Pie, pumpkin & beans	○ ▢ ★	Silverside & parsley sauce, potato carrots peas	▢ ★
Meat Pie & gravy, potato mash & peas	○	Roast Beef & gravy, roast potato pumpkin beans	▲ + ★
Spaghetti Bolognese, pumpkin & peas	○	Steak & Kidney Pie, potato mash carrots beans	○
Sausages & gravy, potato mash carrots beans	★	Roast Lamb & gravy roast potato pumpkin beans	▲ + ★
Roast Pork & gravy, roast potato pumpkin peas	▲ + ★	Sweet & Sour Pork with Fried Rice	+
Curried Chicken & rice, carrots broccoli	○ ▢ ▲	Chicken & Asparagus Mornay, potato & vege	○ ▲
Chicken Scallopini & bacon potato carrots broccoli	○ ★	Chicken & mushroom pie, chips & vege	
Chicken and vege pie, potato pumpkin peas	○ ▲	Chicken Wing in BBQ sauce & fried rice	+ ★
Chicken Pesto Pasta		Crumbed Fish & Chips, oven fries pumpkin peas	○ +
Curried Prawns & Rice, vege melange & peas	○ ▢ ★	Macaroni Cheese, vege melange	○
Spinach & Feta Omelette, pumpkin, Thai vege	○ ★	Bubble & Squeak with breakfast sausage	
Soups \$2.60			
Tomato	○ ★	Minestrone	○ ▢
Pumpkin	○ ▢ ★	Pea and Ham	○ ▢ ★
Creamy Chicken and Vegetable	○ ▢ ★	Beef and Vegetable	○ ▢ + ★
Potato & Leek	○ ▢	Corn & Bacon chowder	★
Chicken & Corn	★	Chicken and Vegetable broth	○ ▢ ★ +
Desserts \$3.00			
Double Chocolate Pudding	○ ▲	Wine Trifle with cream	○ ▲
Peaches and custard	○ ▢ ▲	Rice Pudding	○ ★
Sticky Date with caramel sauce	○	Stewed Apple & custard	○ ▢ ▲
Tiramisu	★	Apple Rhubarb Crumble & custard	○ ▲
Berry Crumble & custard	★	Chocolate Mousse	○ ▢ ▲ ★
Carrot Cake	○	Bread & Butter pudding	○
Vanilla Tea Cake and custard	○	Mango Flavoured Mousse	○ ▢ ▲ ★
Banana Cake	○	Lemon Cheesecake	○ ▲ ★
Tropical Pavlova	★		
Desserts \$3.30			
Strawberry Swirl Cheesecake	○	Apple Pie and cream	○ ▲
Apricot Pie and cream	○ ▲		
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▲	LOW SALT	★	GLUTEN FREE
+	LACTOSE FREE		