

## Summer Menu (Hot/Chilled)

Welcome to our Summer Menu.

Meals are delivered as soon as the service is requested. Our Volunteers deliver meals to your home Monday to Sunday between 11:00am and 1:00pm.

Meals will NOT be left if no one is at home. Please cancel the meal at least one day before or arrange for a neighbour to take delivery. You can contact us on 9858 3222 during Monday to Friday between 09:00am and 5:00pm. As our office is closed on the weekend, call our kitchen directly on 0448 878 489 between 10am and 1pm. Alternatively leave a voicemail message.

### There is a choice of meal delivery: Hot/Chilled

- Hot meals: it is recommended that hot meals be eaten immediately as they are received and what is not eaten is to be thrown away.
- Chilled meals are to be eaten on the day of delivery.
- Please always check the expiry date of the meal which is shown on the lid of the container. Do not eat any meal which may have passed the expiry date.
- Puree, Cut up, Minced and Asian meals are available if required. Please contact the office for this menu.
- Frozen meals are on different menu.

Menu Item	Price
Main Meal	\$8.00
Salad	\$9.00
Soup + Bread roll	\$3.00
Dessert	\$3.00

Our Summer Menu rotates on a 4-week cycle from Week 1 to Week 4 (cycling back to Week 1 after Week 4 is complete). Please refer to the Menu Schedule on the next page to find out which week's menu to order from. To complete this menu, please select the meals you would like delivered for all 4 weeks. We hope you enjoy your meals, your contact with our volunteers and the support of CCA.

Please do not hesitate to contact CCA if you have any concerns or wish to make new arrangements.

Return your completed Menu by :

Post : CCA, 12 Lakeside Road, Eastwood NSW 2122

Volunteers : You can give your menu to our volunteers at the time of meal delivery.

The table below shows the dates for each week on the Hot/Chilled Meals Menu. For example, you would like to place an order for the week commencing on 26 October 2020, refer to the meals available on Week 1 of the menu.

### Hot/Chilled Meals Menu Schedule

<b>Week 1</b>	26/10/2020 – 01/11/2020
<b>Week 2</b>	02/11/2020 – 08/11/2020
<b>Week 3</b>	09/11/2020 – 15/11/2020
<b>Week 4</b>	16/11/2020 – 22/11/2020
<b>Week 1</b>	23/11/2020 – 29/11/2020
<b>Week 2</b>	30/11/2020 – 06/12/2020
<b>Week 3</b>	07/12/2020 – 13/12/2020
<b>Week 4</b>	14/12/2020 – 20/12/2020
<b>Week 1</b>	21/12/2020 – 27/12/2020
<b>Week 2</b>	28/12/2020 – 03/01/2021
<b>Week 3</b>	04/01/2021 – 10/01/2021
<b>Week 4</b>	11/01/2021 – 17/01/2021
<b>Week 1</b>	18/01/2021 – 24/01/2021
<b>Week 2</b>	25/01/2021 – 31/01/2021
<b>Week 3</b>	01/02/2021 – 07/02/2021
<b>Week 4</b>	08/02/2021 – 14/02/2021
<b>Week 1</b>	15/02/2021 – 21/02/2021
<b>Week 2</b>	22/02/2021 – 28/02/2021
<b>Week 3</b>	01/03/2021 – 07/03/2021
<b>Week 4</b>	08/03/2021 – 14/03/2021
<b>Week 1</b>	15/03/2021 – 21/03/2021
<b>Week 2</b>	22/03/2021 – 28/03/2021
<b>Week 3</b>	29/03/2021 – 04/04/2021
<b>Week 4</b>	05/04/2021 – 11/04/2021
<b>Week 1</b>	12/04/2021 – 18/04/2021
<b>Week 2</b>	19/04/2021 – 25/04/2021
<b>Week 3</b>	26/04/2021 – 02/05/2021
<b>Week 4</b>	03/05/2021 – 09/05/2021

## Meals on Wheels Hot/Chilled Summer Menu - Week 1

Name :

Chilled

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Hot

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	WEEK 1	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
M A I N	Regular Main	Roast Turkey with Cranberry Gravy (LSF) (LS) (GF)		Pork Scallopini with Lemon & Parsley Sauce (LSF) (LS) (GF)		Country Beef Sausage with Onion Gravy (LSF) (GF)		Lamb & Mint Rissoles with Gravy (LSF) (LS) (GF)		Crumbed Fish (LSF) (LS) (DF)		Beef Burger Pattie with Seeded Mustard Gravy (LSF)		Roast Pork with Apple Sauce & Gravy (LSF) (LS) (GF)	
	Easy to Chew Main	Cottage Pie (LSF) (LS) (GF)		Spring Lamb Casserole (LSF) (GF)		Chicken & Cheese Casserole (LSF) (LS) (GF)		Yellow Pork Coconut Curry (LS) (GF)		Beef Stroganoff (LSF) (LS) (GF)		Curried Prawns (LSF) (LS) (GF)		Moroccan Apricot Chicken (LSF) (LS) (GF)	
	Vegetarian (7 business days notice is required)	3 Cheese Arancini Balls with Passata (LSF)		Cauliflower & Mac Cheese Bake (LS)		Spinach Chickpea Patties with Red Pepper Sauce (LSF) (LS) (DF) (GF)		Yellow Tofu Coconut Curry (LSF) (LS) (DF)		Chilli Bean Casserole (LSF) (LS) (DF) (GF)		Tomato, Spinach & Potato Dahl (LSF) (LS) (DF) (GF)		Moroccan Spiced Sweet Potato & Chickpeas (LSF) (LS) (GF)	
	Salad Pack (7 business days notice is required)	Corned Beef with Pasta Salad (LSF)		Cheese with Potato Salad (GF)		Roast Turkey with Pesto Pasta Salad (LSF)		Roast Wagyu Beef with Potato Salad (LSF) (LS) (GF)		Egg with Pasta Salad (LSF)		Tuna with Pesto Pasta Salad (LSF)		Spinach Rice Ball with Potato Salad (LSF)	
D E S S E R T S	Sweet	Black Forest Slice with Custard		Baked Custard with Cinnamon (Diab F) (LS) (GF)		Jelly with Peaches and Custard (LSF) (Diab F) (LS) (GF)		Rum & Raisin Sponge with Custard (LS)		Creamy Rice with Mango Puree (LSF) (LS) (Daib F) (GF)		Caramel Mud Cake with Custard		Lemon Sultana Semolina Pudding (Diab F) (LS)	
	Fruit (7 business days notice is required)	Fruit Medley (LSF) (Daib F) (LS) (DF) (GF)		Mixed Fruit Compote (LSF) (LS) (DF) (GF)		Pears (LSF) (Daib F) (LS) (DF) (GF)		Stewed Spiced Apples (LSF) (Daib F) (LS) (DF) (GF)		Peaches (LSF) (Daib F) (LS) (DF) (GF)		Apple & Rhubarb Compote (LSF) (Daib F) (LS) (DF) (GF)		Fruit Salad (LSF) (Daib F) (LS) (DF) (GF)	
	Fruit + (7 business days notice is required)	Fruit Medley with Custard (LSF) (Diab F) (LS) (GF)		Mixed Fruit Compote with Yoghurt (LSF) (Diab F) (LS) (GF)		Pears with Ricotta Cream (Diab F) (LS) (GF)		Stewed Spiced Apples with Custard (LSF) (Diab F) (LS) (GF)		Peaches with Yoghurt (LSF) (Diab F) (LS) (GF)		Apple & Rhubarb Compote with Custard (LSF) (Diab F) (LS) (GF)		Fruit Salad with Yoghurt (LSF) (Diab F) (LS) (GF)	

(LSF) LOW SATURATED FAT < 1.5g per 100g  
(Diab F) DIABETIC FRIENDLY < 15g sugar per 100g  
(LS) LOWER SODIUM < 150mg per 100g  
(GF) GLUTEN FREE and (DF) DAIRY FREE

**Note:** If any of the selections are not available, are you OK if we choose one of your choices from other weeks?    Yes    No

## Meals on Wheels Hot/Chilled Summer Menu - Week 2

Name :

Chilled

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Hot

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	WEEK 2	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
M A I N     D E S S E R T S	Regular Main	Roast Lamb with Mint Gravy (LSF) (LS) (GF)		Steak Dianne (LSF) (LS) (GF)		Chicken Schnitzel with Peppercorn Sauce (LSF) (LS)		Curried Sausages (GF)		Crispy Battered Fish (LSF) (DF)		Ham, Egg & Tomato Slice (GF)		Roast Beef with Red Wine Gravy (LSF) (LS) (GF)	
	Easy to Chew Main	Salmon Patties with Creamy Lemon Sauce (LSF)		Pork & Mustard Casserole (LSF) (GF)		Sweet Potato Shepherds Pie (LSF) (LS) (GF)		Beef Bolognaise (LSF) (LS)		Chicken Caccitore (LSF) (LS) (GF)		Beef Burgundy (LSF) (GF)		Butter Chicken (LSF)	
	Vegetarian (7 business days notice is required)	Lentil & Vegetable Casserole (LSF) (LS) (GF)		Mac Cheese Bake (LS)		Sweet Potato Lentil Pie (LSF) (LS)		Lentil Bolognaise (LSF) (LS) (DF)		Tofu Fried Rice (LSF) (LS) (DF)		Potato & Spinach Pie		Beetroot Lentil Burger with Red Pepper Sauce (LSF) (LS)	
	Salad Pack (7 business days notice is required)	Cheese with Pasta Salad		Shaved BBQ Pork with Potato Salad (LSF)		Egg with Pesto Pasta Salad (LSF)		Ham with Potato Salad (LSF) (GF)		Roast Chicken with Pasta Salad (LSF) (LS)		Roast Wagyu Beef with Pasta Salad (LSF) (LS)		Roast Chicken with Potato Salad (LSF) (LS) (GF)	
	Sweet	Jelly with Fruit Salad and Custard (LSF) (Diab F) (LS) (GF)		Vanilla Custard Tart (Diab F) (LS)		Steamed Fig & Ginger Pudding with Ricotta Cream		Creamy Rice with Raspberry Puree (LSF) (LS) (GF)		Jaffa Marble Cake with Chocolate Custard		Peach Crumble with Custard (LS)		Dutch Apple Cake with Custard	
	Fruit (7 business days notice is required)	Pineapple Pieces (LSF) (Daib F) (LS) (DF) (GF)		Pears (LSF) (Daib F) (LS) (DF) (GF)		Fruit Medley (LSF) (Daib F) (LS) (DF) (GF)		Peaches (LSF) (Daib F) (LS) (DF) (GF)		Stewed Spiced Apples (LSF) (Daib F) (LS) (DF) (GF)		Fruit Salad (LSF) (Daib F) (LS) (DF) (GF)		Mixed Fruit Compote (LSF) (LS) (DF) (GF)	
	Fruit + (7 business days notice is required)	Pineapple Pieces with Custard (LSF) (Daib F) (LS) (GF)		Pears with Custard (LSF) (Daib F) (LS) (GF)		Fruit Medley with Yoghurt (LSF) (Daib F) (LS) (GF)		Peaches with Ricotta Cream (Diab F) (LS) (GF)		Stewed Spiced Apples with Yoghurt (LSF) (Diab F) (LS) (GF)		Fruit Salad with Custard (LSF) (Daib F) (LS) (GF)		Mixed Fruit Compote with Custard (LSF) (LS) (GF)	

(LSF) LOW SATURATED FAT < 1.5g per 100g  
(Diab F) DIABETIC FRIENDLY < 15g sugar per 100g  
(LS) LOWER SODIUM < 150mg per 100g  
(GF) GLUTEN FREE and (DF) DAIRY FREE

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	WEEK 3	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
M A I N     D E S E R T S	Regular Main	Pork Steak with Peppercorn Sauce (LSF) (LS) (GF)		Beef Rissoles with Gravy (LSF) (LS) (GF)		Lamb & Vegetable Pie with Breadcrumb Top (LS)		Shaved Teriyaki Beef (LSF) (DF)		Crumbed Fish (LSF) (LS) (DF)		Garlic Oregano Chicken (LSF) (LS) (DF) (GF)		Roast Pork with Apple Sauce & Gravy (LSF) (LS) (GF)	
	Easy to Chew Main	Chicken Bolognaise (LSF) (LS) (DF)		Yellow Pork Coconut Curry (LS) (GF)		Chicken & Cheese Casserole (LSF) (LS) (GF)		Lamb & Rosemary HotPot (LSF) (GF)		Old English Beef Curry (LSF) (LS) (DF) (GF)		Salmon Pasta Bake (LSF)		Beef Stroganoff (LSF) (LS) (GF)	
	Vegetarian (7 business days notice is required)	Lentil Bolognaise (LSF) (LS) (DF)		Yellow Tofu Coconut Curry (LSF) (LS) (DF)		Spinach & Cheese Roll		Vegetable Frittata (LS) (GF)		Italian White Bean Croquette with Passata (LSF) (LS)		Pumpkin Ravioli with Tuscan Vegetable Sauce (LS)		Chilli Bean Casserole (LSF) (LS) (DF) (GF)	
	Salad Pack (7 business days notice is required)	Tuna with Potato Salad (LSF) (GF)		Cheese with Pesto Pasta Salad		Roast Turkey with Pasta Salad (LSF)		Egg with Potato Salad (LSF)		Corned Beef with Potato Salad (GF)		Spinach Rice Ball with Pesto Pasta Salad (LSF)		Roast Chicken with Pasta Salad (LSF) (LS)	
	Sweet	Lemon Sultana Semolina Pudding (Diab F) (LS)		Jelly with Custard (LSF) (Diab F) (LS) (GF)		Steamed Marmalade Pudding with Custard		Chocolate Walnut Brownie with Custard (LS)		Creamy Rice with Mango Puree (LSF) (Diab F) (LS) (GF)		Strawberry Cheesecake		Mildura Baked Custard (LS)	
	Fruit (7 business days notice is required)	Apple & Rhubarb Compote (LSF) (Daib F) (LS) (DF) (GF)		Fruit Medley (LSF) (Daib F) (LS) (DF) (GF)		Stewed Spiced Apples (LSF) (Daib F) (LS) (DF) (GF)		Pineapple Pieces (LSF) (Daib F) (LS) (DF) (GF)		Fruit Salad (LSF) (Daib F) (LS) (DF) (GF)		Peaches (LSF) (Daib F) (LS) (DF) (GF)		Pears (LSF) (Daib F) (LS) (DF) (GF)	
	Fruit + (7 business days notice is required)	Apple & Rhubarb Compote with Yoghurt (LSF) (Daib F) (LS) (GF)		Fruit Medley with Custard (LSF) (Daib F) (LS) (GF)		Stewed Spiced Apples with Yoghurt (LSF) (Daib F) (LS) (GF)		Pineapple Pieces with Ricotta Cream (LS) (GF)		Fruit Salad with Yoghurt (LSF) (Daib F) (LS) (GF)		Peaches with Custard (LSF) (Daib F) (LS) (GF)		Pears with Yoghurt (LSF) (Daib F) (LS) (GF)	

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Hot

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	WEEK 4	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
M A I N	Regular Main	Beef Burger Pattie with Red Pepper Sauce (LSF) (DF)		Pork Sausage with Gravy (LSF) (GF)		Chicken Parmigiana		Roast Lamb with Gravy (LSF) (LS) (GF)		Crispy Battered Fish (LSF) (DF)		Roast Beef with Gravy (LSF) (LS) (GF)		Roast Chicken Maryland with Mushroom Gravy (LSF) (LS) (GF)	
	Easy to Chew Main	Chicken & Leek Potato Pie (LSF) (LS) (GF)		Beef, Bacon & Mushroom Casserole (LSF) (LS) (GF)		Spiced Pork & Sweet Potato Casserole (LSF) (LS) (GF)		Creamy Fish Mornay (LSF) (LS) (GF)		Chicken & Mushroom Casserole (LSF) (GF)		Pork & Mustard Casserole (LSF) (GF)		Lamb Burger Pattie (LSF) (LS) (GF)	
	Vegetarian (7 business days notice is required)	Lentil Cottage Pie (LSF) (LS) (GF)		Spinach Rice Balls with Passata (LSF)		Moroccan Spiced Sweet Potato & Chickpeas (LSF) (LS) (GF)		Quiche Florentine (LS)		Potato & Spinach Pie		Lentil & Vegetable Casserole (LSF) (LS) (GF)		Beetroot Lentil Burger with Red Pepper Sauce (LSF) (LS)	
	Salad Pack (7 business days notice is required)	Cheese with Potato Salad (GF)		Ham with Pesto Pasta Salad (LSF)		Shaved BBQ Pork with Pasta Salad (LSF)		Egg with Potato Salad (LSF)		Cheese with Potato Salad (GF)		Egg with Pasta Salad (LSF)		Roast Chicken with Pesto Pasta Salad (LSF)	
D E S S E R T S	Sweet	Apple & Sultana Pie with Custard (LS)		Choc Chip Cake with Chocolate Custard		Creamy Rice with Raspberry Puree (LSF) (LS) (GF)		Jam & Coconut Slice with Custard		Jelly with Two Fruits and Custard (LSF) (Diab F) (LS) (GF)		Bread & Butter Pudding (Diab F)		Citrus Steamed Pudding with Custard	
	Fruit (7 business days notice is required)	Mixed Fruit Compote (LSF) (LS) (DF) (GF)		Stewed Spiced Apples (LSF) (Daib F) (LS) (DF) (GF)		Fruit Medley (LSF) (Daib F) (LS) (DF) (GF)		Pears (LSF) (Daib F) (LS) (DF) (GF)		Apple & Rhubarb Compote (LSF) (Daib F) (LS) (DF) (GF)		Peaches (LSF) (Daib F) (LS) (DF) (GF)		Pineapple Pieces (LSF) (Daib F) (LS) (DF) (GF)	
	Fruit + (7 business days notice is required)	Mixed Fruit Compote with Custard (LSF) (LS) (GF)		Stewed Spiced Apples with Custard (LSF) (Diab F) (LS) (GF)		Fruit Medley with Custard (LSF) (Diab F) (GF)		Pears with Custard (LSF) (Daib F) (LS) (GF)		Apple & Rhubarb Compote with Ricotta Cream (LS) (GF)		Peaches with Custard (LSF) (Daib F) (LS) (GF)		Pineapple Pieces with Yoghurt (LSF) (Diab F) (LS) (GF)	

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