MEALS ON WHEELS - SUMMER MENU
WEEK 1

Maroondah City Council

NAME: _____

ADDRESS: _____

ROUTE: _____

		PLEASE WRITE THE NUMBER OF MEALS REQUIRED AGAINST THE MEAL * *All main meals are suitable for Diabetics*	Qty	Dietary requirements					F = can be frozen	X = no changes
				LF = **Lactose** Free	DF = **Dairy** Free	ø = **Gluten** free	FR =**Fructose** free	V = **Vegetarian**		
MONDAY	*MENU A*	Roast Pork with Mediterranean Gravy		LF	DF	Ø	FR		F	
	MENU B	Chicken Schnitzel with Creamy Mushroom Sauce		LF	DF		FR			X
	MENU C	BBQ Beef Sausages with Creamy Chive Gravy		LF	DF	Ø			F	X
	MENU D	Spring Green Risotto				Ø		V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
TUESDAY	*MENU A*	Roast Lamb with Honey and Oregano Gravy		LF	DF	Ø	FR		F	
	MENU B	Chinese Sticky Beef Stirfry with Rice		LF	DF	Ø			F	X
	MENU C	Sage, Bacon and Mushroom Quiche				Ø	FR		F	
	MENU D	Olive, Sundried Tomato and Ricotta Slice				Ø	FR	V	F	
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
WEDNESDAY	*MENU A*	Memphis Baked Chicken Breast with Oregano Gravy		LF	DF	Ø	FR		F	
	MENU B	German Kransky Sausage with Onion and Sage Gravy		LF	DF	Ø	FR		F	X
	MENU C	Beef Madras Curry and Rice		LF	DF	Ø			F	X
	MENU D	Aromatic Chickpea and Cauliflower Couscous						V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
THURSDAY	*MENU A*	Roast Turkey Breast with Chive and Cranberry Gravy		LF	DF	Ø	FR		F	
	MENU B	Slow Cooked Beef Oregano and Garlic Stew		LF	DF	Ø			F	X
	MENU C	Tuna Mornay with Panko Topping							F	X
	MENU D	Indian Vegetable Korma Curry with Paneer Cheese				Ø		V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
FRIDAY	*MENU A*	Corned Beef with Lemon Dill Cream Sauce		LF	DF	Ø	FR		F	
	MENU B	Crumbed Fish with Lime and Chive Mayonnaise		LF	DF	Ø	FR			
	MENU C	Crispy Five Spice Chicken Stirfry with Sweet Chilli Sauce and Jasmine Rice		LF	DF	Ø			F	X
	MENU D	Tofu and Egg Noodle Stirfry (Mee Goreng)						V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	

MEALS ON WHEELS - SUMMER MENU
WEEK 2

Maroondah City Council

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MONDAY	*MENU A*	Southern Italian Grilled Chicken Fillet with Tomato Herb Gravy		LF	DF	Ø	FR		F	
	MENU B	Salmon and Vegetable Pattie with Lemon and Parsley Cream Sauce								X
	MENU C	BBQ Lamb Sausages with Mint Gravy		LF	DF	Ø			F	X
	MENU D	Cheesy Macaroni with Pumpkin, Leek and Herb Crumb					FR	V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
TUESDAY	*MENU A*	Corned Beef with Garlic, Thyme and Butter Gravy		LF	DF	Ø	FR		F	
	MENU B	Pork Cassoulet				Ø			F	X
	MENU C	Smoked Chicken, Mushroom and Feta Quiche				Ø	FR		F	
	MENU D	Mushroom Bolognese						V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
WEDNESDAY	*MENU A*	Roast Lamb with Caramelised Onion and Red Wine Jus		LF	DF	Ø	FR		F	
	MENU B	Italian Red Wine Beef Stew		LF	DF	Ø	FR		F	X
	MENU C	Thai Lemongrass and Lime Chicken Thigh Fillets with Jasmine Rice		LF	DF	Ø			F	X
	MENU D	Persian Chickpea, Pumpkin and Eggplant Ragu				Ø		V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
THURSDAY	*MENU A*	Roast Beef with Rosemary and Cracked Pepper Gravy		LF	DF	Ø			F	X
	MENU B	Malaysian Chicken Curry with Rice		LF	DF	Ø			F	X
	MENU C	Roast Pumpkin, Bacon and Rosemary Quiche				Ø	FR		F	
	MENU D	Cauliflower Cheese Steaks				Ø		V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
FRIDAY	*MENU A*	Lemon, Paprika Grilled Chicken Fillet with Herb Gravy		LF	DF	Ø	FR		F	
	MENU B	Portuguese Baked Fish with Lemon Cream Sauce		LF	DF	Ø	FR		F	
	MENU C	Sticky Hoisin and Honey Pork Stirfry with Rice		LF	DF				F	X
	MENU D	Baked Creamy Feta Risoni				Ø	FR	V	F	
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	

MEALS ON WHEELS - SUMMER MENU
WEEK 3

Maroondah City Council

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MONDAY	*MENU A*	Corned Beef with Creamy Herb and Horseradish Gravy		LF	DF	Ø	FR		F	
	MENU B	Grilled Ham Steak and Pineapple with Rich Gravy		LF	DF	Ø	FR		F	
	MENU C	Oven Baked Chicken Kiev with Creamy Green Peppercorn Gravy								X
	MENU D	Garlic Basil Gnocchi						V		X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
TUESDAY	*MENU A*	Roast Lamb with Oregano and Tomato Gravy		LF	DF	Ø	FR		F	
	MENU B	Coconut Beef Curry with Rice		LF	DF	Ø			F	X
	MENU C	Crumbed Fish with Thousand Island Dressing				Ø	FR			
	MENU D	Mushroom and Asparagus Risotto				Ø		V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
WEDNESDAY	*MENU A*	Roast Beef with Creamy Mushroom and Chive Gravy		LF	DF	Ø	FR		F	
	MENU B	Creole Style Baked Chicken Thigh Fillets with Oregano Gravy				Ø	FR		F	
	MENU C	Persian Lamb and Mint Stew				Ø			F	X
	MENU D	Baked Ratatouille				Ø		V	F	
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
THURSDAY	*MENU A*	Roast Pork with Cranberry and Spring Onion Gravy		LF	DF	Ø	FR		F	
	MENU B	Sweet Chilli Chicken Stirfry with Jasmine Rice				Ø			F	X
	MENU C	Braised Beef Tortellini with Creamy Garlic and Parmesan Sauce								X
	MENU D	Asparagus, Mushroom and Sage Quiche				Ø		V	F	
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
FRIDAY	*MENU A*	American BBQ Roasted Chicken with Mustard Cream Sauce		LF	DF	Ø	FR		F	
	MENU B	Beer Battered Fish with Zesty Lemon Mayonnaise				Ø	FR			
	MENU C	Lemongrass, Ginger and Chilli Beef Stirfry with Rice		LF	DF	Ø			F	X
	MENU D	Tofu, Lemongrass and Cashew Stirfry with Rice		LF	DF	Ø		V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	

MEALS ON WHEELS - SUMMER MENU
WEEK 4

Maroondah City Council

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MONDAY	*MENU A*	Corned Beef with Green Peppercorn and Chive Gravy		LF	DF	Ø	FR		F	
	MENU B	Savoury Turkey and Sage Rissoles with Spring Onion Gravy				Ø			F	X
	MENU C	Crumbed Fish with White Wine and Dill Cream Sauce		LF	DF	Ø	FR			
	MENU D	Pasta Primavera							F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
TUESDAY	*MENU A*	Roast Pork with Garlic, Chive and Mushroom Gravy		LF	DF	Ø	FR		F	
	MENU B	Kashmiri Lamb Curry with Rice				Ø			F	X
	MENU C	Lemon and Sesame Stirfry Chicken with Jasmine Rice				Ø			F	X
	MENU D	Parmesan and Panko Crumbed Eggplant with Cheese Sauce				Ø	FR		F	
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
WEDNESDAY	*MENU A*	Cacciatore Roast chicken Fillet with Olive and Wine Sauce		LF	DF	Ø	FR		F	
	MENU B	Red Wine Beef and Herb Stew		LF	DF	Ø			F	X
	MENU C	Mushroom, Bacon, Spinach and Sage Risotto				Ø			F	X
	MENU D	Indian Roasted Vegetables with Aromatic Yoghurt Sauce and Basmati Rice				Ø		V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
THURSDAY	*MENU A*	Roast Beef with Bearnaise Sauce		LF	DF	Ø	FR		F	
	MENU B	Korean BBQ Chicken with Jasmine Rice				Ø	FR		F	
	MENU C	Turkish Lamb and Spinach Stew		LF	DF	Ø			F	X
	MENU D	Shitake Noodle Stirfry with Tofu and Chinese Broccoli						V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
FRIDAY	*MENU A*	Lemon Thyme and Oregano Roast Chicken with Rich Gravy		LF	DF	Ø	FR		F	
	MENU B	Beer Battered Fish with Sweet Chilli and Lime Mayonnaise		LF	DF	Ø	FR			
	MENU C	Honey, Sesame and Black Pepper Lamb Stirfry with Jasmine Rice		LF	DF	Ø			F	X
	MENU D	Spinach and Ricotta Cannelloni						V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	

MEALS ON WHEELS - SUMMER MENU
WEEK 5

Maroondah City Council

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MONDAY	*MENU A*	Roast Beef with Dijon and Peppercorn Gravy		LF	DF	Ø	FR		F	
	MENU B	Beer Battered Fish with Zesty Mayonnaise				Ø	FR			
	MENU C	Portuguese Chicken Thigh Fillet with Creamy Stock Sauce		LF	DF	Ø	FR		F	
	MENU D	Baked Vegie Schnitzel with Creamy Peppercorn Sauce				Ø		V		X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
TUESDAY	*MENU A*	Roast Lamb with Rosemary and Red Wine Gravy		LF	DF	Ø	FR		F	
	MENU B	Beef Vindaloo Curry with Rice		LF	DF	Ø			F	X
	MENU C	Thai Basil and Lemongrass Chicken Stirfry with Jasmine Rice		LF	DF				F	X
	MENU D	Roast Pumpkin, Kale and Feta Quiche				Ø	FR	V	F	
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
WEDNESDAY	*MENU A*	Corned Beef with Red Wine and Herb Gravy		LF	DF	Ø	FR		F	
	MENU B	Middle Eastern Chicken and Chickpea Stew		LF	DF	Ø			F	X
	MENU C	Egg and Bacon Fried Rice		LF	DF	Ø			F	X
	MENU D	Masala and Almond Vegetable Curry with Basmati				Ø		V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
THURSDAY	*MENU A*	Roast Pork with Oregano and Black Pepper Gravy		LF	DF	Ø	FR		F	
	MENU B	Mongolian Chicken Stirfry		LF	DF	Ø			F	X
	MENU C	Lamb, Rosemary and Red Wine Stew				Ø			F	X
	MENU D	Chinese Vegetarian Fried Rice		LF	DF	Ø		V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
FRIDAY	*MENU A*	Buffalo Roasted Chicken Fillet with Rich Gravy		LF	DF	Ø	FR		F	
	MENU B	Crumbed Fish with Tartare Sauce		LF	DF	Ø	FR			
	MENU C	Asian Beef Mince with Garlic Chives and Shitake Mushrooms		LF	DF	Ø			F	X
	MENU D	Cheesy Vegetable Strudel with Tomato Relish							F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	

MEALS ON WHEELS - SUMMER MENU
WEEK 6

Maroondah City Council

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MONDAY	*MENU A*	Chermoula Baked Chicken Fillet with Stock Gravy		LF	DF	Ø	FR		F	
	MENU B	Pork and Fennel Sausage with Mushroom Gravy		LF	DF	Ø			F	X
	MENU C	Salmon and Vegetable Pattie with Tartare Sauce								X
	MENU D	Crumbed Vegie Burger with Beetroot Relish				Ø		V		X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
TUESDAY	*MENU A*	Roast Beef with Red Wine, Onion and Thyme Gravy		LF	DF	Ø	FR		F	
	MENU B	Lamb Tagine Stew with Green Olives		LF	DF	Ø			F	X
	MENU C	Balsamic and Honey Glazed Chicken Thigh Fillets with Herb Gravy		LF	DF	Ø	FR		F	X
	MENU D	Lemongrass, Ginger and Coconut Vegie Curry		LF	DF	Ø			F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
WEDNESDAY	*MENU A*	Roast Pork with Creamy Herb Gravy		LF	DF	Ø	FR		F	
	MENU B	Swedish Meat Balls		LF	DF				F	X
	MENU C	Jamaican Coconut Curry Chicken with Basmati		LF	DF	Ø			F	X
	MENU D	Vegetarian Tuscan Gnocchi							F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
THURSDAY	*MENU A*	Corned Beef with Chardonnay Cream and Herb Stew		LF	DF	Ø	FR		F	
	MENU B	Indian Lamb Rogan Josh Curry with Rice		LF	DF				F	X
	MENU C	Paprika, Pork and Mushroom Stew				Ø			F	X
	MENU D	Pumpkin, Thyme and Feta Baked Capsicum				Ø		V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	
FRIDAY	*MENU A*	Roast Turkey with Green Peppercorn and Chive Gravy		LF	DF	Ø	FR		F	
	MENU B	Baked Fish with Coconut Lime Sauce and Jasmine Rice		LF	DF	Ø	FR		F	
	MENU C	Mongolian Beef Stirfry with Jasmine Rice		LF	DF	Ø			F	X
	MENU D	Panko Crusted Tomato, Eggplant and Capsicum Gratin				Ø		V	F	X
	FROZEN	*ASSORTED VARIETIES – Randomly selected*				Ø			F	