CLIENT NAME (PLEASE PRINT):

OFFICE USE ONLY | CLIENT RUN NO. _____

Meals on Wheels Ashgrove

CHOICE MENU - Week 1 of 4

*** Return by Friday 4 April 2025***

☑ or ☒ to choose

GF = Gluten free

PH: 3366 4299

ITEM	Monday 14-Apr-25	Tuesday 15-Apr-25	Wednesday 16-Apr-25	Thursday 17-Apr-25	18 April GOOD FRIDAY	19 April EASTER SATURDAY	20 April EASTER SUNDAY
Soup 1, or	Mushroom Soup (GF) ☐	Minestrone Soup ☐	Tomato Soup (GF) ☐	Potato & Leek Soup (GF) ☐	French Onion Soup (GF) ☐	Cauliflower Soup (GF) ☐	Chicken Soup (GF) ☐
Soup 2	Chicken Soup (GF) ☐	Cauliflower Soup (GF) ☐	Chicken Soup (GF) ☐	Cauliflower Soup (GF) ☐	Chicken Soup (GF) ☐	Tomato Soup (GF) ☐	Broccoli Soup (GF) ☐
Main 1, or	Beef Lasagne, Corn, Broccoli, Potato Mash, Roast Pumpkin ☐	Beef Rissoles & Gravy, Mixed Vegetables, Potato Mash, Roast Pumpkin ☐	Teriyaki Chicken & Rice (GF), Beans, Carrots, Potato Mash, Roast Pumpkin ☐	Tuna Bake (GF), Mixed Vegetables, Potato Mash, Roast Pumpkin ☐	Roast Pork & Apple Sauce (GF), Beans, Carrots, Roast Potato, Roast Pumpkin ☐	Pork Dim Sum with Sweet Soy Sauce, Mixed Vegetables, Potato Mash, Roast Pumpkin ☐	Cottage Pie (GF), Beans, Carrots, Potato Mash, Roast Pumpkin ☐
Main 2	Green Salad with Ham ☐	Chicken Ceasar Salad ☐	Pasta Salad with Salami ☐	Roast Vegetable Salad with Chicken ☐	Grilled Fish & Parsley Sauce (GF), Corn, Broccoli, Potato Mash, Roast Pumpkin ☐	Spaghetti Bolognese, Corn & Broccoli, Potato Mash, Roast Pumpkin ☐	Chicken Parmigiana, Thai Vegetable Mix, Potato Mash, Roast Pumpkin ☐
Frozen Meal	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐
Dessert 1, or	Fruit Cake & Custard ☐	Peaches & Cream (GF) ☐	Sticky Date Pudding & Custard ☐	Mango Mousse & Fruit Salad (GF) ☐	Lemon Cheesecake & Raspberry Sauce ☐	Creamed Rice & Custard ☐	Chocolate Mousse & Cream (GF) ☐
Dessert 2	Fruit Salad, Jelly & Custard (GF) ☐	Trifle ☐	Fruit Salad, Jelly & Custard (GF) ☐	Trifle ☐	Vanilla Mousse ☐	Trifle ☐	Fruit Salad, Jelly & Custard (GF) ☐
Sandwich 1, or	Roast Pork, Fruit Chutney & Cheese Sandwich + Fruit ☐	Roast Beef, Chutney, Lettuce Sandwich + Fruit ☐	Ham, Tomato, Cheese & Lettuce Sandwich + Fruit ☐	Turkey, Brie, Cranberry Sauce & Lettuce Sandwich + Fruit ☐	Not available	Not available	Not available
Sandwich 2	Curried Egg & Lettuce + Piece of Fruit ☐	Curried Egg & Lettuce + Piece of Fruit ☐	Curried Egg & Lettuce + Piece of Fruit ☐	Curried Egg & Lettuce + Piece of Fruit ☐	Not available	Not available	Not available
Juice 1, or	Apple ☐	Apple ☐	Apple ☐	Apple ☐	Apple ☐	Apple ☐	Apple ☐
Juice 2	Orange ☐	Orange ☐	Orange ☐	Orange ☐	Orange ☐	Orange ☐	Orange ☐
Snack Pack	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐
Breakfast Pack	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐

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Meals on Wheels Ashgrove

CHOICE MENU - Week 2 of 4

*** Return by Friday 4 April 2025***

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ITEM	21 April EASTER MONDAY	Tuesday 22-Apr-25	Wednesday 23-Apr-25	Thursday 24-Apr-25	Friday 25th ANZAC DAY	Saturday 26-Apr-25	Sunday 27-Apr-25
Soup 1, or	Pea & Ham Soup (GF) ☐	Chicken Soup (GF) ☐	Vegetable Soup (GF) ☐	Asparagus Soup ☐	Chicken & Sweet Corn Soup (GF) ☐	Cauliflower Soup (GF) ☐	Chicken & Sweet Corn Soup (GF) ☐
Soup 2	Chicken Soup (GF) ☐	Cauliflower Soup (GF) ☐	Chicken Soup (GF) ☐	Cauliflower Soup (GF) ☐	French Onion Soup (GF) ☐	Tomato Soup (GF) ☐	Broccoli Soup (GF) ☐
Main 1, or	Beef Pie & Gravy, Corn, Broccoli, Potato Mash, Roast Pumpkin ☐	Creamy Pesto Gnocchi, Mixed Vegetables, Potato Mash, Roast Pumpkin ☐	Bacon Frittata (GF), Beans, Carrots, Potato Mash, Roast Pumpkin ☐	Spinach & Ricotta Ravioli with Napoli Sauce, Mixed Vegetables, Potato Mash, Roast Pumpkin ☐	Roast Beef & Gravy (GF), Beans, Carrots, Roast Potato, Roast Pumpkin ☐	Roast Vegetable Lasagne, Mixed Vegetables, Potato Mash, Roast Pumpkin ☐	Beef Sausages & Gravy (GF), Beans, Carrots, Potato Mash, Roast Pumpkin ☐
Main 2	Pork Dim Sum with Sweet Soy Sauce, Beans, Carrots, Potato Mash, Roast Pumpkin ☐	Bacon Lettuce & Tomato Salad ☐	Chorizo Pasta Salad ☐	Egg, Corn, Avocado & Tomato Salad ☐	Savoury Mince (GF), Beans, Carrots, Potato Mash, Roast Pumpkin ☐	Grilled Fish & Parsley Sauce (GF), Corn, Broccoli, Potato Mash, Roast Pumpkin ☐	Curried Sausages & Rice (GF), Mixed Vegetables, Potato Mash, Roast Pumpkin ☐
Frozen Meal	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐
Dessert 1, or	Strawberry Mousse (GF) ☐	Panna Cotta & Peaches (GF) ☐	Apple Crumble & Custard ☐	Fruit Salad & Custard (GF) ☐	Tapioca Pudding & Custard (GF) ☐	Carrot Cake & Custard ☐	Appleberry Danish & Custard ☐
Dessert 2	Creamed Rice & Custard (GF) ☐	Trifle ☐	Fruit Salad, Jelly & Custard (GF) ☐	Trifle ☐	Vanilla Mousse ☐	Trifle ☐	Fruit Salad, Jelly & Custard (GF) ☐
Sandwich 1, or	Not available	Chicken, Mayonnaise, Apple, Cheese & Lettuce Sandwich + Fruit ☐	Pastrami, Mustard, lettuce, Tomato & Cheese Sandwich + Fruit ☐	Turkey, Brie, Cranberry Sauce & Lettuce Sandwich + Fruit ☐	Not available	Not available	Not available
Sandwich 2	Not available	Curried Egg & Lettuce + Piece of Fruit ☐	Curried Egg & Lettuce + Piece of Fruit ☐	Curried Egg & Lettuce + Piece of Fruit ☐	Not available	Not available	Not available
Juice 1, or	Apple ☐	Apple ☐	Apple ☐	Apple ☐	Apple ☐	Apple ☐	Apple ☐
Juice 2	Orange ☐	Orange ☐	Orange ☐	Orange ☐	Orange ☐	Orange ☐	Orange ☐
Snack Pack	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐
Breakfast Pack	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐

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Meals on Wheels Ashgrove

CHOICE MENU - Week 3 of 4

*** Return by Friday 4 April 2025***

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ITEM	Monday 28-Apr-25	Tuesday 29-Apr-25	Wednesday 30-Apr-25	Thursday 1-May-25	Friday 2-May-25	Saturday 3-May-25	Sunday 4-May-25
Soup 1, or	Potato & Leek Soup (GF) ☐	Mushroom Soup (GF) ☐	Cauliflower Soup (GF) ☐	French Onion Soup (GF) ☐	Minestrone Soup ☐	Pea & Ham Soup (GF) ☐	Tomato Soup (GF) ☐
Soup 2	Chicken Soup (GF) ☐	Cauliflower Soup (GF) ☐	Pea & Ham Soup (GF) ☐	Cauliflower Soup (GF) ☐	Chicken Soup (GF) ☐	Tomato Soup (GF) ☐	Broccoli Soup (GF) ☐
Main 1, or	Meatloaf & Gravy (GF), Thai Vegetable Mix, Potato Mash, Roast Pumpkin ☐	Beef Stroganoff & Pasta, Broccoli, Carrots, Potato Mash, Roast Pumpkin ☐	Sweet & Sour Pork with Rice (GF), Thai Vegetable Mix, Potato Mash, Roast Pumpkin ☐	Beef Rissoles & Gravy, Broccoli, Carrots, Potato Mash, Roast Pumpkin ☐	Corned Beef & Mustard Sauce (GF), Thai Vegetable Mix, Potato Mash, Roast Pumpkin ☐	Beef & Vegetable Stew (GF), Broccoli, Carrots, Potato Mash, Roast Pumpkin ☐	Roast Chicken & Gravy (GF), Thai Vegetable Mix, Roast Potato, Roast Pumpkin ☐
Main 2	Potato Salad with Roast Beef ☐	Thai Chicken Crunchy Slaw Salad ☐	Couscous Salad with Beef ☐	Chickpea, Kidney Bean Salad with Pastrami ☐	Roast Vegetable Salad with Corned Beef ☐	Creamy Chicken & Bacon Pasta, Beans, Carrots, Potato Mash, Roast Pumpkin ☐	Beef Lasagne, Corn, Broccoli, Potato Mash, Roast Pumpkin ☐
Frozen Meal	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐
Dessert 1, or	Apple Tart & Custard ☐	Chocolate Mousse & Cream ☐	Hazelnut Mousse & Biscoff ☐	Creamed Rice & Custard (GF) ☐	Pineapple Sago & Custard (GF) ☐	Mango Mousse & Fruit Salad (GF) ☐	Bread & Butter Pudding & Custard ☐
Dessert 2	Fruit Salad, Jelly & Custard (GF) ☐	Trifle ☐	Fruit Salad, Jelly & Custard (GF) ☐	Trifle ☐	Fruit Salad, Jelly & Custard (GF) ☐	Trifle ☐	Fruit Salad, Jelly & Custard (GF) ☐
Sandwich 1, or	Roast Pork, Fruit Chutney & Cheese Sandwich + Fruit ☐	Roast Beef, Chutney & Lettuce Sandwich + Fruit ☐	Ham, Tomato, Cheese & Lettuce Sandwich + Fruit ☐	Chicken, Mayonnaise, Apple , Cheese & Lettuce Sandwich + Fruit ☐	Salami, Red Onion, Capsicum, Cheese Sandwich + Fruit ☐	Not available	Not available
Sandwich 2	Curried Egg & Lettuce + Piece of Fruit ☐	Curried Egg & Lettuce + Piece of Fruit ☐	Curried Egg & Lettuce + Piece of Fruit ☐	Curried Egg & Lettuce + Piece of Fruit ☐	Curried Egg & Lettuce + Piece of Fruit ☐	Not available	Not available
Juice 1, or	Apple ☐	Apple ☐	Apple ☐	Apple ☐	Apple ☐	Apple ☐	Apple ☐
Juice 2	Orange ☐	Orange ☐	Orange ☐	Orange ☐	Orange ☐	Orange ☐	Orange ☐
Snack Pack	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐
Breakfast Pack	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐

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Meals on Wheels Ashgrove

CHOICE MENU - Week 4 of 4

*** Return by Friday 4 April 2025***

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ITEM	Monday 5th LABOUR DAY	Tuesday 6-May-25	Wednesday 7-May-25	Thursday 8-May-25	Friday 9-May-25	Saturday 10-May-25	Sunday 11-May-25
Soup 1, or	Chicken & Sweet Corn Soup (GF) ☐	Tomato Soup (GF) ☐	Asparagus Soup ☐	Pea & Ham Soup (GF) ☐	Vegetable Soup (GF) ☐	Cauliflower Soup (GF) ☐	Chicken Soup (GF) ☐
Soup 2	French Onion Soup (GF) ☐	Cauliflower Soup (GF) ☐	Pea & Ham Soup (GF) ☐	Cauliflower Soup (GF) ☐	Chicken Soup (GF) ☐	Tomato Soup (GF) ☐	Broccoli Soup (GF) ☐
Main 1, or	Beef Sausages & Gravy (GF), Corn, Broccoli, Potato Mash, Roast Pumpkin ☐	Chicken Parmigiana, Mixed Vegetables, Potato Mash, Roast Pumpkin ☐	Mushroom Risotto (GF), Beans, Carrots, Potato Mash, Roast Pumpkin ☐	Beef & Vegetable Stew (GF), Mixed Vegetables, Potato Mash, Roast Pumpkin ☐	Roast Chicken & Gravy (GF), Beans, Carrots, Roast Potato, Roast Pumpkin ☐	Grilled Fish & Parsley Sauce (GF), Mixed Vegetables, Potato Mash, Roast Pumpkin ☐	Thai Green Chicken Curry & Rice (GF), Beans, Carrots, Potato Mash, Roast Pumpkin ☐
Main 2	Creamy Pesto Gnocchi, Mixed Vegetables, Potato Mash, Roast Pumpkin ☐	Tuna Pasta Salad ☐	Turkey Couscous Salad ☐	Green Salad with Roast Chicken ☐	Roast Vegetable Salad with Chicken ☐	Beef & Vegetable Stew (GF), Broccoli, Carrots, Potato Mash, Roast Pumpkin ☐	Crumbed Fish & Tartare Sauce, Beans, Carrots, Potato Mash, Roast Pumpkin ☐
Frozen Meal	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐	See separate sheet for Meal choices. Meal No. _____ ☐
Dessert 1, or	Appleberry Danish & Custard ☐	Lemon Sago (GF) ☐	Mango Mousse & Fruit Salad (GF) ☐	Creamed Rice & Custard (GF) ☐	Sticky Date Pudding & Custard ☐	Pineapple Sago & Custard (GF) ☐	Lemon Cheesecake and Rasepberry Sauce ☐
Dessert 2	Vanilla Mousse ☐	Trifle ☐	Fruit Salad, Jelly & Custard (GF) ☐	Trifle ☐	Fruit Salad, Jelly & Custard (GF) ☐	Trifle ☐	Fruit Salad, Jelly & Custard (GF) ☐
Sandwich 1, or	Not available	Chicken, Mayonnaise, Apple , Cheese & Lettuce Sandwich + Fruit ☐	Pastrami, Mustard, lettuce, Tomato & Cheese Sandwich + Fruit ☐	Turkey, Brie, Cranberry Sauce & Lettuce Sandwich + Fruit ☐	Tuna, Mayonnaise, Red Onion, Capsicum & Cheese Sandwich + Fruit ☐	Not available	Not available
Sandwich 2	Not available	Curried Egg & Lettuce + Piece of Fruit ☐	Curried Egg & Lettuce + Piece of Fruit ☐	Curried Egg & Lettuce + Piece of Fruit ☐	Curried Egg & Lettuce + Piece of Fruit ☐	Not available	Not available
Juice 1, or	Apple ☐	Apple ☐	Apple ☐	Apple ☐	Apple ☐	Apple ☐	Apple ☐
Juice 2	Orange ☐	Orange ☐	Orange ☐	Orange ☐	Orange ☐	Orange ☐	Orange ☐
Snack Pack	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐
Breakfast Pack	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐	See separate sheet for description ☐

Meals on Wheels Ashgrove | **FROZEN MEAL LIST | BREAKFAST & SNACK PACK DETAILS** | **PH: 3366 4299**

MEAL NO.	FROZEN MEAL DESCRIPTION
1	Beef & Vegetable Stew (GF)
2	Beef Lasagne
3	Beef Rissoles & Gravy
4	Beef Sausages & Gravy (GF)
5	Beef Stroganoff & Pasta
6	Creamy Chicken & Bacon Pasta
7	Chicken Curry & Rice (GF)
8	Chicken Parmigiana
9	Corned Beef & Mustard White Sauce (GF)
10	Cottage Pie (GF)
11	Crumbed Fish & Tartare Sauce
12	Curried Sausages & Rice (GF)
13	Curried Vegetables & Rice (GF)
14	Grilled Fish & Parsley White Sauce (GF)
15	Meatloaf & Gravy
16	Pork Dim Sum & Soy Sauce
17	Roast Beef & Gravy (GF)
18	Roast Chicken & Gravy (GF)
19	Roast Pork & Apple Sauce (GF)
20	Roast Vegetable Lasagne
21	Savoury Mince (GF)
22	Spaghetti Bolognese
23	Sweet & Sour Pork & Rice (GF)
24	Teriyaki Chicken & Rice (GF)
25	Tuna Bake (GF)

HOW TO ORDER FROZEN MEALS

On your Choice Menu form, place a **tick** or **cross** in the box to indicate you'd like a frozen meal for one or more days, then write the **Meal No.** you'd like (from the list on this page) in the space provided as shown in the example below:

Frozen Meal	*See separate sheet for Meal choices.* ☒ Meal No. 16

Of course, once we've delivered your frozen meals, you can have them on any day you like!

BREAKFAST PACK DETAILS

Our Breakfast Packs include:

- 7 mini packets of cereal
- 1 litre of milk
- 1 litre of juice
- Half loaf bread
- 3 x tinned fruit

SNACK PACK DETAILS

Our Snack Packs include:

Four items in total, usually:

- Yoghurt
- Piece of fruit
- Muesli bar/ Chocolate bar
- Dried fruit and nuts

Menus kindly printed by
Jonty Bush - State Member for Cooper

Jonty BUSH MP