



Meals on Wheels<sup>™</sup>  
Newcastle

# Winter Chilled Menu Order Form 2025

Please complete this copy and return to your branch



# Meals on Wheels<sup>TM</sup>

## Newcastle

# Winter Chilled Menu Order Form 2025

## Week 1

Client Name:

Date:

Monday		Quantity	Wednesday		Quantity	Friday		Quantity	
<b>BAKERY</b>	Finger Bun		Chocolate Cherry Slice			Apple Slice			
<b>SOUP &amp; ROLL</b>	Bacon Minestrone Soup		Pumpkin Soup			Chicken & Vegetable Soup			
<b>LIGHT MEAL</b>									
<b>LIGHT MEAL A</b>	Bacon & Cheese Sausage Roll & Fruit Cup		Beef, Bacon & Cheese Pie & Fruit Cup			Hash Brown & Scrambled Eggs			
<b>LIGHT MEAL B</b>	Mediterranean Muffins & Yoghurt		Chicken & Leek Arancini, Tomato Relish & Yoghurt Tub			Baked Potato, Smokey BBQ Pulled Pork & Coleslaw			
<b>MEAL</b>		<b>MINI</b> 220gm	<b>MAIN</b> 360gm		<b>MINI</b> 220gm	<b>MAIN</b> 360gm		<b>MINI</b> 220gm	<b>MAIN</b> 360gm
<b>MEAL A</b>	Lamb Casserole, Sweet Potato, Beans & Corn			Chicken Schnitzel, Gravy, Mashed Potato, Peas & Corn			Roast Beef, Roasted Potato, Pumpkin & Peas		
<b>MEAL B</b>	Curried Sausages & Rice			Salmon Mornay, Rice, Pumpkin & Beans			Honey Soy Chicken, Fried Rice & Stirfried Vegetables		
<b>MEAL C</b>	Honey Mustard Chicken, Sweet Potato, Beans & Corn			Beef Casserole, Mashed Potato, Carrot & Peas			Tuna Pasta Bake, Mashed Pumpkin & Peas		
<b>MEAL D</b>	Pumpkin, Chickpea & Coconut Curry & Rice			Roasted Vegetable Quiche, Chat Potatoes, Pumpkin & Corn			Spinach & Ricotta Crepe, Mashed Pumpkin & Peas		
<b>PREMIUM</b>	Lamb Shank, Mushroom & Red Wine Sauce, Mashed Potato, Carrot & Broccoli			Beef Loin & Creamy Mushroom Sauce, Chat Potato, Carrots & Beans			Chicken Breast, Creamed Spinach & Cheesy Tomato Sauce, Potato Bake & Brussel Sprouts		
<b>DESSERT</b>									
<b>DESSERT A</b>	Caramel Mousse		Pineapple Upside Down Cake & Custard			Bread & Butter Pudding & Fruit			
<b>DESSERT B</b>	Apple & Cinnamon Crumble & Custard		Tiramisu			Trifle & Cream			
<b>DESSERT C</b>	Fruit & Custard		Fruit & Custard			Fruit & Custard			

Whilst every precaution is made to ensure these lines are free from allergens, we do not operate in an allergen free environment



No Added Gluten



No Added Dairy



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## Newcastle

# Winter Chilled Menu Order Form 2025



# Week 2

Client Name:



Date:

Monday		Quantity
BAKERY	Apple & Cinnamon Muffin	
SOUP & ROLL	Potato & Leek Soup	

LIGHT MEAL		
LIGHT MEAL A	Pancakes & Maple Syrup	
LIGHT MEAL B	Beef & Potato Pie & Yoghurt	





MEAL		MINI 220gm	MAIN 360gm
MEAL A	Meat Pie, Gravy, Mashed Potato & Peas		
MEAL B	Apricot Chicken, Rice, Carrot & Beans  		
MEAL C	Mongolian Lamb, Hokkien Noodles & Stirfried Vegetables 		
MEAL D	Mushroom Stroganoff, Penne Pasta, Pumpkin & Beans		


PREMIUM	Pork Belly, Orange & Ginger Glaze, Roasted Chats, Stirfried Vegetables	
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DESSERT		
DESSERT A	Golden Syrup Pudding & Cream	
DESSERT B	Vanilla Panna Cotta & Fruit 	
DESSERT C	Fruit & Custard 	

Wednesday		Quantity
	Cream Lamington	
	Beef, Barley & Vegetable Soup	

	Chicken Mornay & Vegetable Pie & Fruit Cup	
	Meatballs in Tomato Sauce & Corn Bread	








		MINI 220gm	MAIN 360gm
	Roast Pork, Gravy, Roast Potato, Roast Pumpkin & Peas  		
	Savoury Mince, Mashed Potato, Mashed Pumpkin & Peas 		
	Curried Prawns & Rice 		
	Vegetable Pastie, Mashed Potato, Roast Pumpkin & Broccoli		


	Chicken Breast with Bacon, Cheese, Creamy Mustard Sauce, Chats, Carrot & Broccoli 	
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	Banana Cake & Custard	
	Chocolate Pudding & Cream	
	Fruit & Custard 	

Friday		Quantity
	Vanilla Slice	
	Creamy Chicken & Noodle Soup	

	Bacon, Cheese & Vegetable Savoury Muffin & Fruit Cup	
	Italian Penne Pasta Salad & Fruit Cup	

		MINI 220gm	MAIN 360gm
	Meatloaf, Gravy, Sweet Potato, Beans & Corn  		
	Devilled Sausages, Roasted Chats, Baby Carrots & Brussel Sprouts  		
	Salmon & Vegetable Patties, Sweet Potato, Brussel Sprouts & Corn 		
	Honey Soy Tofu, Stirfried Vegetables & Rice  		

	Baked Barramundi, Lemon Butter Sauce, Vegetable Bake 	
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	Peach & Apricot Crumble & Custard	
	Pavlova, Fruit Salad & Cream 	
	Fruit & Custard 	

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## Newcastle

# Winter Chilled Menu Order Form 2025

# Week 3

Client Name:

Date:

Monday		Quantity	Wednesday		Quantity	Friday		Quantity	
<b>BAKERY</b>	Caramel Slice		Cream Bun		Party Custard Tart				
<b>SOUP &amp; ROLL</b>	Chicken & Sweet Corn Soup		Pea & Ham Soup		Tomato & Vegetable Soup				
<b>LIGHT MEAL</b>									
<b>LIGHT MEAL A</b>	Corned Beef, Potato & Egg Salad 		Baked Potato, Chilli Con Carne & Cheese 		Bacon & Scrambled Eggs				
<b>LIGHT MEAL B</b>	Spinach & Ricotta Roll & Fruit Cup		Vegetable Frittata & Fruit Cup 		Zucchini & Ricotta Muffins & Fruit Cup				
<b>MEAL</b>		<b>MINI</b> 220gm	<b>MAIN</b> 360gm			<b>MINI</b> 220gm	<b>MAIN</b> 360gm		
<b>MEAL A</b>	Beef Rissole, Onion Gravy, Mashed Potatoes, Baby Carrots & Beans				Beef Sausage, Gravy, Mashed Potato, Carrot & Beans 			Roast Chicken, Gravy, Roast Potato, Roast Pumpkin & Peas  	
<b>MEAL B</b>	Sweet & Sour Chicken & Rice  				Steak & Kidney, Sweet Potato Mash, Cauliflower & Peas  			Baked Fish, Lemon Pepper Sauce, Mashed Potato, Corn & Beans 	
<b>MEAL C</b>	Lambs Fry & Bacon, Mashed Potato, Pumpkin & Brussel Sprouts 				Satay Chicken, Rice & Stirfried Vegetables  			Butter Chicken, Rice & Stirfried Vegetables 	
<b>MEAL D</b>	Vegetarian Spaghetti Bolognese & Parmesan Cheese				Chickpea Meatballs in Creamy Tomato Sauce, Sweet Potato, Cauliflower & Beans 			Creamy Vegetable Pasta Bake, Roasted Pumpkin & Beans	
<b>PREMIUM</b>	Braised Lamb, Rosemary & Garlic Sauce, Chats, Pumpkin & Brussel Sprouts  				Beef Steak, Dianne Sauce, Roasted Vegetables & Beans 			Fishermans Basket, Chips & Tartare Sauce	
<b>DESSERT</b>									
<b>DESSERT A</b>	Chocolate Bavarian & Cream				Apple & Cinnamon Tea Cake & Custard			Sticky Date Pudding & Caramel Sauce	
<b>DESSERT B</b>	Pear & Rhubarb Crumble & Custard				Strawberry Cheesecake & Fruit			Baked Custard & Fruit 	
<b>DESSERT C</b>	Fruit & Custard 				Fruit & Custard 			Fruit & Custard 	

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## Week 4

Client Name:

Date:

Monday		Quantity	Wednesday		Quantity	Friday		Quantity
<b>BAKERY</b>	Rock Cake		Vanilla Slice		Cream Lamington			
<b>SOUP &amp; ROLL</b>	Spring Vegetable & Noodle Soup		Potato, Bacon & Chive Soup		French Onion Soup			
<b>LIGHT MEAL</b>								
<b>LIGHT MEAL A</b>	Roast Beef & Gravy Roll 		Ham & Cheese Croissant & Yoghurt Cup		Quiche Lorraine & Fruit Cup			
<b>LIGHT MEAL B</b>	Corn Fritters, Bacon & Tomato Relish		Chicken Supreme Pizza & Fruit Cup		Apple & Rhubarb Crepe 			
<b>MEAL</b>		<b>MINI</b> 220gm	<b>MAIN</b> 360gm			<b>MINI</b> 220gm	<b>MAIN</b> 360gm	
<b>MEAL A</b>	Lamb Pattie & Gravy, Mashed Potato, Carrot & Broccoli				Cottage Pie, Mashed Pumpkin & Peas 			
<b>MEAL B</b>	Sweet & Sour Pork & Rice  				Chicken & Asparagus Pasta Bake, Corn & Beans			
<b>MEAL C</b>	Beef Stroganoff, Mashed Potato, Carrot & Peas 				Beef Korma Curry, Rice & Vegetables			
<b>MEAL D</b>	Crumbed Vegetable Pattie, Sweet Potato, Beans & Corn				Pumpkin Ravioli with Creamy Tomato & Spinach Sauce			
<b>PREMIUM</b>	Roasted Chicken Cutlet & Cacciatore Sauce, Mashed Potato, Carrot & Broccoli		Beef Medallion & Garlic Prawn Sauce, Sweet Potato & Mixed Vegetables 		Pork Loin with Apple & Sage Gravy, Chat Potatoes, Baby Carrots & Beans  			
<b>DESSERT</b>								
<b>DESSERT A</b>	Chocolate Mousse 		Baked Rice Pudding & Cream		Lemon Self Saucing Pudding & Cream			
<b>DESSERT B</b>	Orange & Cinnamon Syrup Cake & Cream		Apple Pie & Custard		Mango Cheesecake & Fruit			
<b>DESSERT C</b>	Fruit & Custard 		Fruit & Custard 		Fruit & Custard 			

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