



Meals on Wheels™
Newcastle

Summer Chilled Order Form 2025

Week 1

Name:
Run:

Date:

Public Holidays Opt In /Out: ☐ I don't want meals supplied ☐ Chilled Order to Frozen ☐ Send out a Frozen Menu ☐ Please Call Me

	Monday	Quantity
BAKERY	Apple & Cinnamon Muffin	
SOUP	Cheesy Cauliflower Soup	
BREAD	Bread Roll & Butter	

	Wednesday	Quantity
	Cream Lamington	
	Minestrone Soup 	
	Bread Roll & Butter	

	Friday	Quantity
	Party Caramel Tart	
	Chicken Noodle Soup	
	Bread Roll & Butter	

MEAL		MINI 220gm	MAIN 360gm
A	Roast Beef, Gravy, Roast Potato, Roast Pumpkin & Peas  		
B	Honey Soy Chicken & Fried Rice  		
C	Penne Pasta Bolognese & Meatballs		
D	Roasted Vegetable Quiche, Roast Pumpkin, Carrot & Broccoli		

	MINI 220gm	MAIN 360gm
Chicken Schnitzel, Gravy, Mashed Potato, Peas & Corn		
Sticky Pork with Garlic, Ginger and Soy, Rice & Stir fried Vegetables  		
Beef Stroganoff, Mashed Potato, Carrot & Peas 		
Stuffed Mushroom, Roasted Chats, Broccoli & Corn 		

	MINI 220gm	MAIN 360gm
Bacon & Parmesan Crusted Chicken, Creamy Garlic Sauce, Roast Potato, Carrot & Peas		
Beef Sausage, Gravy, Mashed Potato, Carrot & Beans 		
Curried Prawns & Rice 		
Pumpkin & Feta Arancini, Roasted Pumpkin, Corn, Peas & Creamy Mushroom Sauce		

PREMIUM	Slow Cooked Beef Cheek with Pepper Sauce, Roasted Vegetable Medley & Beans  	
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Chicken Breast with Bacon, Cheese, Creamy Mustard Sauce, Chats, Carrot & Broccoli 	
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Pork Scallopini, Potato Bake, Broccoli, Corn & Creamy Mushroom Sauce 	
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DESSERT		
A	Creme Caramel	
B	Honey and Almond Cake with Poached Apricots	
C	Fruit & Custard 	

Pavlova, Cream & Fruit 	
Apple & Mixed Berry Crumble & Custard	
Fruit & Custard 	

Lemon Meringue Pie	
Chocolate Pear Cake with Chocolate Sauce	
Fruit & Custard 	

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

Please return me !

Contact P: 02 4957 7097 E. info@mow.net.au



Vegetarian



Vegan



Gluten free



Dairy Free

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	Monday	Quantity	Wednesday	Quantity	Friday	Quantity
BAKERY	Blueberry Muffin		Finger Bun		Caramel Slice	
SOUP	Pea & Ham Soup 		Cream of Mushroom 		Chicken & Vegetable Soup 	
BREAD	Bread Roll & Butter		Bread Roll & Butter		Bread Roll & Butter	

MEAL		MINI 220gm	MAIN 360gm		MINI 220gm	MAIN 360gm		MINI 220gm	MAIN 360gm
A	Roasted Turkey, Roast Potato, Roast Pumpkin, Peas & Cranberry Sauce  			Lamb Rissolle, Gravy, Mashed Potato, Pumpkin & Beans			Cottage Pie, Mashed Pumpkin & Peas 		
B	Beef Casserole, Mashed Potato, Carrot & Peas 			Salmon & Vegetable Patties, Mashed Potato, Broccoli & Carrot			Lemon & Herb Crusted Fish, Mashed Potato, Carrot & Peas		
C	Sweet & Sour Chicken with Rice  			Beef Teriyaki, Hokkien Noodles and Stirfried Vegetables 			Chicken Enchilada and Mexican Rice		
D	Satay Vegetables & Rice 			Spinach & Ricotta Crepe, Mashed Pumpkin & Peas			Vegetarian Spaghetti Bolognese & Parmesan Cheese		

PREMIUM	Beef Medallion & Garlic Prawn Sauce, Sweet Potato & Mixed Vegetables 		Boneless Lamb Shank, Mushroom & Red wine sauce, Mashed Potato, Carrot & Broccoli 		Chicken Kiev, Mashed Potato & Roasted Vegetable Medley	
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DESSERT		
A	Pear & Cinnamon Crumble with Custard	
B	Coconut & Lime Panna Cotta with Pineapple Compote 	
C	Fruit & Custard 	

Madeira Cake & Lemon Glaze	
Chocolate Pudding & Cream	
Fruit & Custard 	

Peaches & Cream Cheesecake	
Apple Pie & Custard	
Fruit & Custard 	

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BAKERY	Apple & Cinnamon Muffin		Cream Lamington		Chocolate Chip Muffin	
SOUP	Tomato & Vegetable Soup  		Beef, Vegetable & Barley Soup		Creamy Pumpkin Soup 	
BREAD	Bread Roll & Butter		Bread Roll & Butter		Bread Roll & Butter	

MEAL		MINI 220gm	MAIN 360gm		MINI 220gm	MAIN 360gm		MINI 220gm	MAIN 360gm
A	Beef Rissole, Onion Gravy, Mashed Potatoes, Carrots & Beans 			Roast Pork, Gravy, Roast Potato, Roast Pumpkin & Peas  			Corned Beef, White Sauce, Mashed Potato, Mashed Pumpkin & Peas 		
B	Ham Steak, Pineapple Glaze, Chat Potatoes, Corn & Peas  			Savoury Mince, Mashed Potato, Mashed Pumpkin & Peas 			Chicken & Pumpkin Lasagne & Mixed Vegetables		
C	Honey Mustard Chicken, Rice & Vegetables  			Satay Chicken, Rice & Stirfried Vegetables  			Crumbed Fish, Tartare, Wedges & Vegetable Melange		
D	Pumpkin and Feta Ravioli with Creamy Tomato & Vegetable Sauce & Parmesan Cheese			Vegetable Slice, Broccoli, Carrot & Corn			Hokkien Noodle & Vegetable Stirfry 		

PREMIUM	Slow Cooked Beef Brisket, Chat Potato, Cauliflower Bake & Honey Carrots 		Pork Loin with Apple & Sage Gravy, Chat Potatoes, Carrots & Beans  		Fisherman's Basket & Chips	
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DESSERT						
A	Coconut & Fruit Cake & Custard		Lemon Self Saucing Pudding & Cream		Strawberry Jelly Layer Cake	
B	Chocolate & Raspberry Brownie with Cream 		Bread & Butter Pudding		Sticky Date Pudding & Caramel Sauce	
C	Fruit & Custard 		Fruit & Custard 		Fruit & Custard 	

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BAKERY	Apple Slice		Blueberry Muffin		Vanilla Slice	
SOUP	Chicken & Sweet Corn Soup 		Potato & Leek Soup 		Spring Vegetable & Noodle Soup	
BREAD	Bread Roll & Butter		Bread Roll & Butter		Bread Roll & Butter	

MEAL		MINI 220gm	MAIN 360gm		MINI 220gm	MAIN 360gm		MINI 220gm	MAIN 360gm
A	Meat Pie, Gravy, Mashed Potato & Peas			Lamb Casserole, Sweet Potato, Beans & Corn  			Roast Chicken, Gravy, Roast Potato, Roast Pumpkin & Peas  		
B	Apricot Chicken, Rice, Carrot & Beans  			Sweet & Sour Pork with Rice  			Meatloaf, Gravy, Sweet Potato, Beans & Corn  		
C	Mongolian Lamb, Hokkien Noodles & Stirfried Vegetables 			Baked Chicken Parmigiana, Roasted Chats, Broccoli & Carrot 			Mild Fish Green Curry, Stirfried Noodles & Veg  		
D	Vegetarian Sausage, Gravy, Mashed Potato, Carrot & Beans			Creamy Basil Pesto Penne, Roasted Pumpkin, Semi Dried Tomato & Mushroom			Mushroom, Feta and Spinach Risotto, Roasted Pumpkin & Peas 		

PREMIUM	Beef Medallion, Creamy Peppercorn Sauce, Sweet Potato & Stuffed Mushroom 		Chicken Breast with Fig, Camembert & Pistachio, Chats, Pumpkin & Broccoli 		Pork Medallion with Prosciutto & Sage, Vegetable Stuffed Capsicum & Honey Mustard Sauce 	
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DESSERT						
A	Caramelised Pear & Custard Tart		Impossible Pie & Fruit		Double Chocolate Mousse Cake	
B	Chocolate Panna Cotta 		Carrot Cake & Cream Cheese Frosting		Trifle	
C	Fruit & Custard 		Fruit & Custard 		Fruit & Custard 	

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