

NAME:

Rd:

SPRING MENU



MONDAY 31st August 2015

To

Sunday 27th September 2015

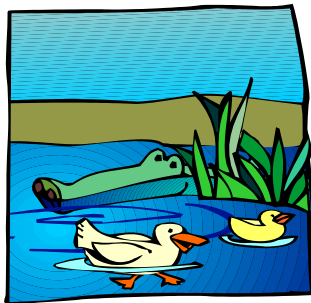
To choose your main course, please place a tick in a box. If you do not place a tick in the box you will automatically be given the "A" choice meal and a dessert. Hot fresh soup will accompany each meal ordered. Please Note: Vegetables are as stated per meal. Variations to vegetables are only available under medical advice.

CANCELLATION POLICY

Changes to your normal delivery days should be communicated to the Meals on Wheels office as soon as possible. We need at least **2 full days notice for changes**, so that we can continue to provide an efficient and effective service.

Menus may be viewed online at :

www.ashburtonsupport.org.au



**Meals On Wheels
ASHBURTON SUPPORT SERVICES**

Phone: 9885 6443

Fax: 9885 1239

Email : MealsOnWheels@AshburtonSupportServices.com

GLOSSARY OF MENU TERMS

Special Dietary Requirements

Eg: *Cut-Up, Vitamized, Mashed*
Vegetarian etc

Requires doctors advice

Schnitzel: Boneless meat, coated w/flour

Stir-Fry : Fry quickly over high heat

Braised: Oven baked

Cacciatore: Casserole cooked with tomatoes

Beef Goulash: Stew made with beef & vegetables seasoned with paprika

Pilaf Rice: seasoned rice steamed in bouillon

Hollandaise – egg yolk & butter emulsion

Braised: Fry lightly & stew slowly

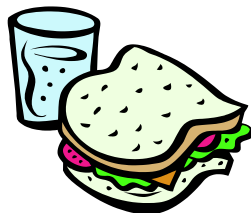
Ragout : Stew

SANDWICHES

Bread Choices: W White, Wh Wholemeal or M Multigrain

Sandwich Varieties:

- **B** *Roast Beef, Roquette & Dijon Mustard*
- **C** *Fresh Chicken, Mayonnaise, Parsley & Lettuce*
- **T** *Tuna, Spring Onion, Celery, Parsley & Mayonnaise*
- **E** *Curried Egg & Lettuce*
- **H** *Ham Cheese & Tomato*
- **S** *Salad*





Sandwiches come with:



- **1 x Round of your choice of Sandwich**
- **1 x Snack Pack Cheese & Biscuits**
- **1 x P/C Fruit Pack or piece of fruit**
- **1 x 100g Yoghurt**
- **All for \$7.50**


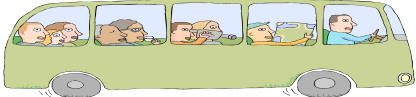
FROZEN MEALS



Frozen Meals can be provided on most days. They are provided with a dessert. We do not have a menu for week-day frozen meals.

YOUR SPACE TO HAVE YOUR SAY. PLEASE COMMENT OR GIVE FEEDBACK ON THE QUALITY OF THE SERVICE WE PROVIDED THIS MONTH AND YOUR LEVEL OF SATISFACTION WITH THE MEALS

Week 1	MONDAY 31 st August 2015		NAME:		
	Choice A	Choice B	SANDWICHES *		DESSERT
MONDAY	Cottage Pie with Carrots & Beans. <input type="checkbox"/>	Roast Pork with Gravy, Roast Potato, Spinach & Carrots <input type="checkbox"/>	Filling Code <input type="checkbox"/>		Chocolate Cake with Cream. (ND) <input type="checkbox"/>
			Bread Type <input type="checkbox"/>		Jellied Fruit and Yoghurt <input type="checkbox"/>
TUESDAY	Quiche Lorraine with Oven Baked Potato, Broccoli and Carrots. <input type="checkbox"/>	Moroccan Lamb & Lentil Casserole with Steamed Rice, Butter Beans & Zucchini. <input type="checkbox"/>	Filling Code <input type="checkbox"/>		Orange Panna Cotta with Cream. <input type="checkbox"/>
			Bread Type <input type="checkbox"/>		Pancakes with Maple Syrup <input type="checkbox"/>
WEDNESDAY	Roast Lamb with a Minted Gravy, Roast Potatoes, Roast Pumpkin & Peas. <input type="checkbox"/>	Chicken & Cashew Stir-Fry with Saffron Rice, Butter Beans & Zucchini. <input type="checkbox"/>	Filling Code <input type="checkbox"/>		Apple & Rhubarb Crumble w/Custard <input type="checkbox"/>
			Bread Type <input type="checkbox"/>		Apples and Custard. <input type="checkbox"/>
 Concert Wednesday: Have your Roast Dinner at our Centre with low cost entertainment – transport pick up available. Call 9885 6443, the week before to book					
THURSDAY	Beef Rissole with a Mushroom Sauce, Mashed Potato, Beans & Carrots. <input type="checkbox"/>	Creamy Tomato & Mushroom Veal Casserole with Mashed Potato, Braised Cabbage, & Mixed Vegetables. <input type="checkbox"/>	Filling Code <input type="checkbox"/>		Carrot Cake with Cream. (ND) <input type="checkbox"/>
			Bread Type <input type="checkbox"/>		Mango & Yoghurt <input type="checkbox"/>
FRIDAY	Steamed Fish with Hollandaise Sauce, Baked Chat Potatoes, Beans & Vegetable Combo. <input type="checkbox"/>	Mild Curried Chicken with Pilaf Rice, Broccoli & Carrot. <input type="checkbox"/>	Filling Code <input type="checkbox"/>		Jellied Fruit & Yoghurt. (ND) <input type="checkbox"/>
			Bread Type <input type="checkbox"/>		Banana Cake. <input type="checkbox"/>
SATURDAY FROZEN	Chicken Cacciatore with Mashed Potato, Peas and Corn. <input type="checkbox"/>			Fruit Salad & Cream. <input type="checkbox"/>	
				Tinned Fruit <input type="checkbox"/>	
SUNDAY FROZEN	Meatballs with an Onion Gravy, Mashed Potao Carrots & Beans. <input type="checkbox"/>			Tiramisu & Cream. (ND) <input type="checkbox"/>	
				Tinned Fruit <input type="checkbox"/>	
1 st Sunday 6th September	Sunday Lunch at Ashburton Support Services \$10- pp Bookings essential: 9885 6443			* See back of front page for Sandwich filling and bread types	*(ND) Not Suitable for Diabetics

Week 2	MONDAY 7th September 2015	NAME:		
	Choice A	Choice B	SANDWICHES *	DESSERT
MONDAY	Steak Dianne with Mashed Potato, Carrots & Beans. <input type="checkbox"/>	Lemongrass & Coriander Chicken with Steamed Rice, Carrots & Peas. <input type="checkbox"/>	Filling Code <input type="checkbox"/> Bread Type <input type="checkbox"/>	Apple Danish with Cream <input type="checkbox"/> Sago Pudding <input type="checkbox"/>
TUESDAY	Braised Pork Medallion with an Apple Gravy, Roast Potato, Roast Pumpkin & Broccoli. <input type="checkbox"/>	Roast Chicken with Gravy, Roast Potato, Roast Pumpkin & Peas. <input type="checkbox"/>	Filling Code <input type="checkbox"/> Bread Type <input type="checkbox"/>	Peaches & Vanilla Custard. <input type="checkbox"/> Steamed Fruit Pudding & Custard <input type="checkbox"/>
WEDNESDAY	Roast Beef with Gravy, Roast Potatoes, Roast Pumpkin & Broccoli. <input type="checkbox"/>	Macaroni Ham & Cheese with Mixed Vegetables & Brussels Sprouts. <input type="checkbox"/>	Filling Code <input type="checkbox"/> Bread Type <input type="checkbox"/>	Orange & Passion-Fruit Pudding <input type="checkbox"/> Two Fruits & Custard <input type="checkbox"/>
 Bingo Wednesday: Have your Roast Dinner at our Centre with Bingo afterwards – transport pickup available. Call 9885 6443, the week before, to book.				
THURSDAY	Mild Chicken Curry with Rice, Cauliflower and Green Beans. <input type="checkbox"/>	Braised Beef Cheek with Mashed Potato, Zucchini & Carrots. <input type="checkbox"/>	Filling Code <input type="checkbox"/> Bread Type <input type="checkbox"/>	Citrus Blancmange with Two Fruits. <input type="checkbox"/> Apricot & Custard. <input type="checkbox"/>
FRIDAY	Fish Cake with Roast Potatoes, Combination Vegetables & Brussels Sprouts. <input type="checkbox"/>	Savoury Beef MInce with Mashed Potato, Beans & Corn. <input type="checkbox"/>	Filling Code <input type="checkbox"/> Bread Type <input type="checkbox"/>	Lemon Cheesecake with Cream <input type="checkbox"/> Cherry Ripe Slice.(ND) <input type="checkbox"/>
SATURDAY FROZEN	Honey/Soy Chicken Drumettes with Mashed Potato, Peas & Golden Beans. <input type="checkbox"/>			Crème Caramel with Cream <input type="checkbox"/> Tinned Fruit <input type="checkbox"/>
SUNDAY FROZEN	Meatloaf with Gravy, Roast Potatoes, Beans & Combination Vegetables. <input type="checkbox"/>			Berry Fillo Parcel. <input type="checkbox"/> Tinned Fruit <input type="checkbox"/>
	 * See back of front page for Sandwich filling and bread types		* All Desserts are suitable for clients with Diabetes with exception of those marked (ND) (ND) Not Suitable for Diabetics	

Week 3	MONDAY 14th September 2015		NAME:		
	Choice A	Choice B	SANDWICHES *		DESSERT
MONDAY	Chicken Schnitzel with Gravy Roast Potato, Carrots & Peas. <input type="checkbox"/>	Beef Bourguignon with Mashed Potato, Vegetable Medley & Beans. <input type="checkbox"/>	Filling Code <input type="checkbox"/>	Bread Type <input type="checkbox"/>	Lemon Cake. with Cream. (ND) <input type="checkbox"/>
					Sliced Peaches & Pears w/ Yoghurt <input type="checkbox"/>
TUESDAY	Curried Sausages with Mashed Potato, Cauliflower & Mixed Vegetables. <input type="checkbox"/>	Spinach & Pesto Chicken with Steamed Parsley Potatoes, Beans & Corn. <input type="checkbox"/>	Filling Code <input type="checkbox"/>	Bread Type <input type="checkbox"/>	Fruit & Walnut Pudding <input type="checkbox"/>
					Mocha Blancmange <input type="checkbox"/>
WEDNESDAY	Roast Pork with Gravy, Apple Sauce, Roast Potato, Carrots & Zucchini. <input type="checkbox"/>	Thai Green Chicken Curry with Saffron Rice, Peas & Combination Vegetables. <input type="checkbox"/>	Filling Code <input type="checkbox"/>	Bread Type <input type="checkbox"/>	Apple Sponge with Custard <input type="checkbox"/>
					Rice Pudding & Fruit <input type="checkbox"/>
 Concert Wednesday: Have your Roast Dinner at our Centre with low cost entertainment – transport pick up available. Call 9885 6443, the week before to book					
THURSDAY	Marinated Beef Stir-Fry with Black Bean Sauce, Rice, Carrots & Beans. <input type="checkbox"/>	Roast Lamb with Roast Potato, Vegetable Combination & Peas. <input type="checkbox"/>	Filling Code <input type="checkbox"/>	Bread Type <input type="checkbox"/>	Berry Tart and Cream <input type="checkbox"/>
					Chocolate Ripple Cake. (ND) <input type="checkbox"/>
FRIDAY	Oven Baked Crumbed Fish with Roast Potatoes, Vegetable Combo & Beans. <input type="checkbox"/>	Beef Goulash with Mashed Potato, Carrots, Peas/Corn & Capsicum. <input type="checkbox"/>	Filling Code <input type="checkbox"/>	Bread Type <input type="checkbox"/>	Chocolate Pudding and Custard <input type="checkbox"/>
					Pears & Custard. <input type="checkbox"/>
SATURDAY FROZEN	Chicken Lasagne with Carrots and Broccoli. <input type="checkbox"/>				Chocolate Bavarian with Cream. <input type="checkbox"/>
					Tinned Fruit <input type="checkbox"/>
SUNDAY FROZEN	Beef Teriyaki with Pilaf Rice, Green Beans & Carrots. <input type="checkbox"/>				Orange Blancmange with Peaches. <input type="checkbox"/>
					Tinned Fruit <input type="checkbox"/>
3rd Sunday 20th September	SUNDAY LUNCH OUTING Enjoy a sumptuous lunch and friendly company Phone 98854 3815 to book				

Week 4	MONDAY 21 st September 2015		NAME:	
	Choice A	Choice B	SANDWICHES *	DESSERT
MONDAY	Lamb & Rosemary Sausages with Gravy Mashed Potato, Peas & Butter Beans. <input type="checkbox"/>	Chicken Provencale with Steamed Rice, Cabbage & Carrot. <input type="checkbox"/>	Filling Code <input type="checkbox"/> Bread Type <input type="checkbox"/>	Banana Cake with Cream. (ND) <input type="checkbox"/> Peaches & Yoghurt <input type="checkbox"/>
TUESDAY	Pickled Pork with a Parsley Sauce, Mashed Potato, Carrots & Golden Beans. <input type="checkbox"/>	Beef & Guinness Casserole with Mashed Potato, Beans & Corn. <input type="checkbox"/>	Filling Code <input type="checkbox"/> Bread Type <input type="checkbox"/>	Fruit Salad & Custard. <input type="checkbox"/> Orange Slice And Cream (ND) <input type="checkbox"/>
WEDNESDAY	Roast Chicken Thigh Cutlet with Gravy, Roast Potato, Roast Pumpkin & Peas. <input type="checkbox"/>	Thai Beef Mince with Brown Rice, Carrots & Peas. <input type="checkbox"/>	Filling Code <input type="checkbox"/> Bread Type <input type="checkbox"/>	Blueberry Pudding with Custard. <input type="checkbox"/> Raspberry Pudding <input type="checkbox"/>
 Have your Roast Dinner at our Centre with Bingo afterwards – transport pickup available. Call 9885 6443, the week before, to book.				
THURSDAY	Braised Steak with Steamed Parsley Potato, Beans & Combination Vegetables.. <input type="checkbox"/>	Lamb & Chickpea Casserole with Steamed Rice, Sweet Potato Mash & Peas. <input type="checkbox"/>	Filling Code <input type="checkbox"/> Bread Type <input type="checkbox"/>	Pears & Yoghurt. <input type="checkbox"/> Plum Pudding with Custard <input type="checkbox"/>
FRIDAY	Grilled Whiting with Potato Rosti, Mixed Vegetables & Brussels Sprouts. <input type="checkbox"/>	Roast Beef with Gravy, Roast Potato, Peas & Corn. <input type="checkbox"/>	Filling Code <input type="checkbox"/> Bread Type <input type="checkbox"/>	Black Forrest Cake with Cream <input type="checkbox"/> Chocolate Blancmange. <input type="checkbox"/>
SATURDAY FROZEN	Indonesian Chicken with Pilaf Rice, Carrots & Broccoli. <input type="checkbox"/>			Lemon Pudding with Cream <input type="checkbox"/> Tinned Fruit <input type="checkbox"/>
SUNDAY FROZEN	Salmon Pattie with Mashed Potato, Beans & Carrots. <input type="checkbox"/>			Custard Slice with Two Fruits. <input type="checkbox"/> Tinned Fruit <input type="checkbox"/>
 * See back of front page for Sandwich filling and bread types			* All Desserts are suitable for clients with Diabetes with exception of those marked (ND) (ND) Not Suitable for Diabetics	