

NAME: _____

Centenary Meals on Wheels Menu

(Supplied by Gourmet Meals as at January 2023)

meals.		
Please indicate your delivery days ✓ and the numbers for each per delivery day.		S= Soft
_____ MONDAY	_____ MAINS _____ SOUPS _____ DESSERTS	GF= Gluten Free
_____ WEDNESDAY	_____ MAINS _____ SOUPS _____ DESSERTS	P= Pureed
_____ FRIDAY	_____ MAINS _____ SOUPS _____ DESSERTS	DF= Dairy Free
		(Guide only)
✓	BEEF	
	Roast beef, mashed potato, roast pumpkin, peas	GF, DF
	Spaghetti Bolognese, zucchini, eggplant & leek	S
	Corned beef white sauce, mashed potato, cauliflower	GF
	Creamy rissoles, mashed potatoes, beans, broccoli & carrots	GF, S
	Cottage pie, mashed potato topped with cheese	GF, S
	BBQ sausage, pan fried pot, broccoli, baked beans	S, GF, DF
	Beef rissoles, potato bake, beans, carrots, corn	GF
	Beef pot roast, mashed potato, carrots, peas	GF DF
	Beef stroganoff, mash pot, cauli, broccoli, carrots	GF, S
	Beef casserole, mashed potato, baked pumpkin & peas	GF, S, DF
	Curried beef sauges, with mashed potatoes, carrot, peas and corn	GF, S, DF
POULTRY		
	Chicken mushroom, roast potato + beans	GF, S
	Sweet & Sour chicken, rice & mixed vegetables	GF, S, DF
	Chicken curry, rice, bean, capsicum	GF, S
	Roast chicken breast, creamed potato, carrots & peas	GF
	Chicken casserole, roast potato & broccoli	GF, S, DF
	Honey soy chicken, stir fry rice & vegetables	GF, S, DF
	Chicken Breast Mango, roast potato, mixed vegetables	GF
LAMB		
	Lamb roast, gravy, roast potato, pumpkin, broccoli	GF, DF
	Lamb casserole, mashed potato, broccoli, cauliflower	GF, S, DF
PORK		
	Pork sausage, gravy, mashed potato, carrots, peas	GF, S, DF
	Pork roast, gravy, pumpkin mash, cauliflower, broccoli	GF
	Pork steak Diane, cream potato, cauliflower, cabbage, mushrooms.	GF
FISH		
	Barramundi lemon butter, rice, broccoli & carrots	GF, S
	Whiting & wedges, carrots, corn peas, tartare	
	Curried prawns, mild curry, Asian greens & rice	GF S
✓	VEGETARIAN-V / VEGAN- VE	

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	Brown rice vegetable patties potato/sweet potato stack & green beans	GF, S, DF, VE
	Mushroom casserole with mashed potatoes, spinach & carrots	GF, S, V
	Spaghetti veganise a vegan version of a bolognese sauce	S, DF, VE
	Coconut dahl with red lentil, basmati rice, spinach and mango chutney	GF, S, DF, VE
	Vegetarian parmi with potatoes, carrots, cauliflower and broccoli	S, V
	Creamy meatballs with mash, beans, broccoli and carrots	S, DF, VE
PUREED MEALS- Entire Meal Pureed smooth- P		
	Lamb roast , gravy, roast potato, pumpkin, broccoli	GF,P, DF
	Chicken mushroom , sweet potato, green peas	GF,P
	Roast beef , cream potato, pumpkin, peas	GF,P,DF
	Corned beef white sauce, mashed potato, cauliflower	GF,P
	Roast chicken breast with pumpkin mash and peas	GF,P
	Lamb casserole , cream potato, carrots & broccoli	GF,P, DF
	Cottage pie , mashed potato, & cheese	GF,P
	Roast pork , apple gravy, pumpkin mash, broccoli	GF,P
	Barramundi lemon butter, cream potato, carrots, peas	GF,P
✓	SOUPS	
	Creamy Chicken & vegetable	GF
	Pumpkin soup	GF
	Pea & ham	GF DF
	Minestrone	DF
	Chicken & corn	GF DF
	Chicken noodle	DF
	Tomato soup	GF
	Beef & vegetable soup	GF DF
	Corn & bacon chowder	GF
	Potato & leek	GF
✓	DESSERTS	
	B&B pudding (bread & butter), baked custard, toasted almonds	
	Sticky date pudding , dates, caramel sauce	
	Fruit pavlova , mango, kiwi, strawberries, passionfruit coulis	GF
	Double chocolate pudding	
	Lemon cheesecake	GF
	Tiramisu chocolate cake, espresso syrup, orange cheesecake	GF
	Berry crumble	GF
	Tea cake & custard	
	Rice pudding with vanilla & cinnamon	GF
	Chocolate mousse	
	Apple crumble	GF
	Lemon cheesecake mousse	GF