Meals on Wheels™
Victoria Point - Redland Bay

Client: _____ **Commencement Date :** / /

Victoria Point Meals on Wheels menu is a six (6) week rotating seasonal menu – please complete the following 6 pages for your first order. If you wish to change your selection at anytime, you can call/email the office, or request a new order form from your delivery volunteers. **GF= Gluten Free / DF= Dairy Free**

WEEK ONE	MEAL A	MEAL B	MEAL C	SOUP	DESSERT	SANDWICH	JUICE	
MON	**Chicken Breast with Mushroom Gravy GF** Mashed Potato, Honey Carrots, Beans, Cauliflower	**Lamb Hotpot GF** Mashed Potato, Honey Carrots, Beans, Cauliflower	**Pumpkin Spinach Dhal w/ Rice GF DF** Carrots, Beans, Cauliflower	**Cauliflower & Bacon GF DF**	**Orange Jelly, Fruit Salad & Custard GF**	**Turkey, Cheese, Tomato, Lettuce & Cranberry Sauce**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
TUES	**Beef Rissoles with Gravy GF DF** Sauteed Garlic Potatoes, Carrots, Broccoli	**Spinach, Fetta & Pumpkin Frittata GF** Sauteed Garlic Potatoes, Carrots, Broccoli	**Falafels with Tzatziki GF** Sauteed Garlic Potatoes, Carrots, Broccoli	**Chicken Noodle DF**	**Raspberry Coconut Slice with Custard**	**Chicken, Lettuce & Mayonnaise DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
WED	**Roast Pork with Apple Sauce GF DF** Roast Pumpkin, Roast Potato, Broccoli & Peas	**Quiche Lorraine** Roast Pumpkin, Roast Potato, Broccoli & Peas	**Vegetable Stir-fry with Singapore Noodles DF** Roast Pumpkin, Broccoli & Peas	**Cream of Mushroom GF**	**Pavlova with Fruit Salad & Cream GF**	**Tuna, Lettuce, Cucumber & Mayonnaise DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
THURS	**Satay Meatballs & Rice GF DF** Broccoli, Zucchini, Red & Green Cabbage	**Chicken Schnitzel & Gravy** Sauteed Potato, Broccoli, Red & Green Cabbage	**Curry Vegan Fillo DF** Broccoli, Zucchini, Red & Green Cabbage	**Minestrone DF**	**Mixed Berry Muffin with Cream**	**Silverside, Cheese, Tomato & Pickles**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
FRI	**Grilled Fish + Lemon Aioli GF DF** Sweet Potato, Cauliflower, Brussel Sprouts, Peas	**Beef Lasagna** Cauliflower, Brussel Sprouts, Peas	**Vegetable Lasagna** Cauliflower, Brussel Sprouts, Peas	**Potato, Leek & Lentil GF DF**	**Apple Rhubarb Crumble with Custard**	**Egg, Lettuce & Mayonnaise DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		

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WEEK TWO	MEAL A	MEAL B	MEAL C	SOUP	DESSERT	SANDWICH	JUICE	
MON	**Beef Cottage Pie GF** Broccoli, Carrots, Cauliflower	**Curried Prawns with Rice GF** Broccoli, Carrots, Cauliflower	**Lentil & 4Bean Pasta Bolognaise** Broccoli, Carrots, Cauliflower	**Pumpkin GF DF**	**Panna Cotta GF**	**Ham, Cheese, Tomato, Lettuce & Mustard**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
TUES	**Deconstructed Aussie Beef Burger** Potato, Sweet Potato, Beans	**Spanish Chicken GF DF** Potato, Sweet Potato, Beans	**Pumpkin, Spinach & Fetta Fillo** Sweet Potato, Beans	**Tomato GF DF**	**Iced Orange & Poppyseed Sponge Cake**	**Roast Beef, Tomato, Lettuce & Chutney DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
WED	**Roast Lamb with Gravy GF DF** Roast Pumpkin, Roast Potato, Carrots & Peas	**Chicken Parmigiana** Roast Pumpkin, Roast Potato, Carrots & Peas	**Open Vegetable Pie** Roast Pumpkin, Carrots & Peas	**Chicken & Sweet Corn GF DF**	**Self-Saucing Butterscotch Pudding with Custard**	**Curried Egg & Mayonnaise DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
THURS	**Beef Casserole GF DF** Sautéed Potato, Carrots, Zucchini, Peas	**Chicken, Leek & Bacon Pasta Bake** Carrots, Zucchini, Peas	**Veg Gyozas with Kewpie Mayo DF** Carrots, Zucchini, Peas	**Potato, Leek GF DF**	**Pavlova with Mango & Cream GF**	**Lettuce, Cheese, Cucumber, Tomato & Mayonnaise**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
FRI	**Crumbed Fish w/ Potato Bake** Broccoli, Cauliflower, Carrots	**Sweet & Sour Chicken with Rice GF DF** Broccoli, Cauliflower, Carrots	**Chickpea Curry with Rice GF DF** Broccoli, Cauliflower, Carrots	**Potato, Leek & Lentil GF DF**	**Apple & Mixed Berry Crumble with Custard**	**Chicken, Lettuce & Mayonnaise DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		

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WEEK THREE	MEAL A	MEAL B	MEAL C	SOUP	DESSERT	SANDWICH	JUICE	
MON	**BBQ Pork Char Siu with Noodles DF** Broccoli, Carrots, Red & Green Cabbage	**Chicken Cacciatore with Rice GF DF** Broccoli, Carrots, Red & Green Cabbage	**Pumpkin & Spinach Dhal with Roti GF** Broccoli, Carrots, Red & Green Cabbage	**Leek & Corn Chowder**	**White Chocolate & Raspberry Cake**	**Silverside, Cheese, Tomato & Mustard**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
TUES	**Chicken Breast with Diane Sauce GF DF** Sauteed Potato, Pumpkin, Peas, Zucchini	**Lamb Chop With Gravy GF DF** Sauteed Potato, Pumpkin, Peas, Zucchini	**Vegetable Moussaka GF** Pumpkin, Peas, Zucchini	**Sweet Potato GF DF**	**Upside Down Pineapple Cake with Custard**	**Ham, Cheese, Tomato, Lettuce**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
WED	**Silverside with Mustard Sauce GF** Mashed Potato, Sweet Potato, Red & Green Cabbage	**Chicken & Cashew Stir-Fry with Rice GF DF** Sweet Potato, Red & Green Cabbage	**Veg Stir-fry with Singapore Noodles DF** Sweet Potato, Red & Green Cabbage	**Potato & Leek GF DF**	**Chocolate Aero Mousse with Berries GF**	**Chicken, Lettuce, Mayonnaise DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
THURS	**Pork with Garlic Pepper Sauce GF** Potato, Carrots, Zucchini, Beans	**Pasta Bolognaise DF** Carrots, Zucchini, Beans	**Vegetable Ratatouille Bake GF** Potato, Carrots, Beans	**Pumpkin & Red Lentil GF DF**	**Iced Lemon Sponge Cake**	**Turkey, Lettuce, Cheese & Cranberry Sauce**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
FRI	**Herb Crusted Fish with Hollandaise Sauce GF** Potato, Pumpkin, Broccoli	**Beef Lasagna** Broccoli, Cauliflower, Carrots	**Curry Vegan Fillo DF** Broccoli, Cauliflower, Carrots	**Cauliflower & Bacon GF DF**	**Brownie with Custard**	**Curried Egg & Mayonnaise DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		

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WEEK FOUR	MEAL A	MEAL B	MEAL C	SOUP	DESSERT	SANDWICH	JUICE	
MON	**BBQ Beef Meatloaf GF** Mashed Potato, Carrots, Beans, Cauliflower	**Satay Chicken with Rice GF** Carrots, Beans, Cauliflower	**Vegie Samosas with Tomato Chutney GF DF** Carrots, Beans, Cauliflower, Broccoli	**Pumpkin GF DF**	**Mango Mousse GF**	**Curried Egg, Lettuce, Mayonnaise DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
TUES	**Pork Schnitzel with Mustard Sauce** Sweet Potato, Pumpkin, Brussel Sprouts, Broccoli	**Massaman Beef Curry with Rice GF DF** Pumpkin, Broccoli, Carrots	**Vegetable Cottage Pie GF** Pumpkin, Broccoli, Carrots	**French Onion GF DF**	**Iced Banana Cake**	**Salmon, Lettuce, Cucumber DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
WED	**Roast Chicken Breast with Gravy GF DF** Roast Potato, Roast Pumpkin, Beans, Carrots	**Garlic Prawns with Rice GF** Pumpkin, Cauliflower, Beans	**Pumpkin Spinach & Fetta Fillo** Roast Potato, Beans, Cauliflower	**Cauliflower & Bacon GF DF**	**Bread & Butter Pudding with Custard**	**Ham, Cheese, Tomato, Lettuce & Mustard**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
THURS	**Beef Ragu with Pasta** Cauliflower, Zucchini, Beans	**Pork Stew GF** Mashed Potato, Zucchini, Red & Green Cabbage	**Coconut Dhal with Coconut Rice GF DF** Cauliflower, Zucchini, Beans	**Pea & Ham GF DF**	**Granola with Fruit & Yoghurt**	**Roast Beef, Tomato, Cheese, Horseradish**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
FRI	**Grilled Fish with Creamy Caper Sauce GF** Potato, Broccoli, Carrots	**Pork Sausage & Onion Gravy GF DF** Potato, Broccoli, Carrots	**Arancini Balls** Potato, Broccoli, Cauliflower, Carrots	**Beef & Barley DF**	**Caramel Mousse GF**	**Chicken, Tomato, Lettuce & Mayonnaise DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		

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WEEK FIVE	MEAL A	MEAL B	MEAL C	SOUP	DESSERT	SANDWICH	JUICE	
MON	**Chicken Kiev** Sautéed Potato, Carrots, Beans, Cauliflower	**Pork Rissole & Gravy DF** Sauteed Potato, Carrots, Beans, Cauliflower	**Falafels with Tzatziki GF** Sauteed Potato, Carrots, Beans, Cauliflower	**Chicken & Sweet Corn GF DF**	**Rice Pudding GF**	**Chicken, Lettuce & Mayonnaise DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
TUES	**Apricot Chicken Breast GF DF** Potato, Pumpkin, Broccoli, Cauliflower	**Shepherd's Pie GF** Pumpkin, Broccoli, Cauliflower	**Pumpkin Ravioli with Napoli Sauce** Broccoli, Cauliflower, Beans	**Cream of Mushroom GF**	**Orange Jelly, Fruit Salad & Custard GF**	**Egg, Lettuce, Mayonnaise DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
WED	**Roast Beef with Gravy GF DF** Roast Potato, Roast Pumpkin, Carrots, Beans	**Chicken, Leek & Bacon Pastry Pie** Roast Potato, Roast Pumpkin, Beans	**Vegetable Ratatouille Bake GF** Roast Pumpkin, Beans, Carrots	**Pea & Ham** **GF DF**	**Chocolate Mud Cake with Berries**	**Ham, Cheese, Lettuce, Pickles**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
THURS	**Lemon Chicken & Pumpkin Risotto GF** Sweet Potato, Zucchini, Peas	**Braised Steak & Kidney GF** Mashed Potato, Sweet Potato, Peas, Zucchini	**Vegetable Massaman Curry with Rice GF DF** Zucchini, Peas, Carrots	**Tomato** **GF DF**	**Apple Rhubarb Crumble with Custard**	**Tuna, Lettuce, Cucumber, Mayonnaise DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
FRI	**Grilled Fish with Dill Sauce GF** Mashed Potato, Carrots, Brussel Sprouts, Beans	**Bangers & Mash with Gravy GF** Mashed Potato, Carrots, Brussel Sprouts, Beans	**Vegetable Teriyaki Stir-Fry with Rice GF DF** Carrots, Beans	**Cauliflower & Bacon GF DF**	**Sticky Date Pudding with Caramel Sauce**	**Roast Beef, Tomato, Lettuce & Chutney DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		

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WEEK SIX	MEAL A	MEAL B	MEAL C	SOUP	DESSERT	SANDWICH	JUICE	
MON	**Roast Chicken Breast with Honey Mustard Sauce GF** Mashed Potato, Pumpkin, Peas	**Savoury Mince GF DF** Pumpkin, Peas Red & Green Cabbage	**Veg Gyozas with Kewpie Mayo DF** Pumpkin, Peas, Red & Green Cabbage	**French Onion GF DF**	**Pavlova with Berries & Cream GF**	**Ham, Cheese, Lettuce & Mayonnaise**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
TUES	**Curried Beef Sausages GF** Mashed Potato, Cauliflower, Broccoli, Beans	**Honey Soy Chicken Stir-Fry with Rice GF DF** Cauliflower, Broccoli, Beans	**Vegetable Lasagna** Cauliflower, Broccoli, Beans	**Pea & Ham GF DF**	**Strawberry Sponge Layered Cake**	**Turkey, Lettuce, Cheese & Cranberry Sauce**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
WED	**Roast Pork with Creamy Sage Sauce GF** Roast Potato, Roast Pumpkin, Brussel Sprouts, Cauliflower	**Lamb Rissole with Gravy DF** Roast Potato, Roast Pumpkin, Brussel Sprouts, Cauliflower	**Pea Fritters with Tomato Relish Mayo GF** Roast Potato, Roast Pumpkin, Cauliflower	**Minestrone DF**	**Orange & Poppyseed Cake with Icing**	**Egg, Lettuce & Mayonnaise DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
THURS	**Beef Stroganoff with Pasta** Carrots, Broccoli, Beans	**Pork Loin Chop & Gravy GF DF** Sauteed Potato, Carrots, Broccoli, Beans	**Mac N Cheese** Carrots, Broccoli, Beans	**Pumpkin GF DF**	**Apricot Crumble with Custard**	**Silverside, Cheese, Tomato & Mustard**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		
FRI	**Grilled Fish with Ratatouille & Cheese Crust** Potato, Sweet Potato, Beans	**Spinach, Fetta & Pumpkin Frittata GF** Potato, Sweet Potato, Beans	**Thai Green Veg Curry with Rice GF DF** Carrots, Sweet Potato, Beans	**Chicken Noodle DF**	**Orange Jelly, Fruit Salad & Custard GF**	**Chicken, Lettuce, Cucumber, Mayonnaise DF**	**Orange**	**Apple**
	ORDER QTY :	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**	**ORDER QTY :**		