**Stafford & District Meals on Wheels**  Menu must be returned by Friday 14th March 2025 **PH: 3356 2382**

Please tick [P] in the box beside your choices **PLEASE COMPLETE BOTH SIDES OF MENU** GF – Gluten Free LF – Lactose Free DF – Dairy Free

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| **ITEM** | **MONDAY 24TH MARCH** | **TUESDAY 25TH MARCH** | **WEDNESDAY 26TH MARCH** | **THURSDAY 27TH MARCH** | **FRIDAY 28TH MARCH** |
| Meal A |  | Lamb Rissoles & Gravy GF LF |  | Beef Sausage Hot Pot GF LF |  | Honey & Rosemary Pork Chops GF LF |  | Pork Casserole GF LF  |  | Roast Lamb & Minted Gravy GF LF |
| Meal B |  | Beef, Cheese & Bacon Pie  |  | Crumbed Fish with Tartare Sauce  |  | Bacon Encrusted Chicken & Gravy GF DF  |  | Smoky Mince & Bacon Pie |  | Curried Prawns GF LF  |
| Meal C |  | Meat & Salad |  | Meat & Salad |  | Meat & Salad |  | Meat & Salad |  | Meat & Salad |
| Meal Frozen |  | Add Frozen Meal to order |  | Add Frozen Meal to order |  | Add Frozen Meal to order |  | Add Frozen Meal to order |  | Add Frozen Meal to order |
| **Sandwich** |  | Roast, Tomato, Lettuce & Cheese White Wholemeal |  | Egg & Lettuce White Wholemeal |  | Chicken, Cheese, Lettuce & Mayonnaise White Wholemeal |  | Ham & Salad White Wholemeal |  | Silverside, Cheese & Relish White Wholemeal |
| Soup |  | Creamy Tomato GF LF HOT CHILLED   |  | Potato & Leek GF HOT CHILLED   |  | Chicken Noodle GF HOT CHILLED   |  | Pumpkin GF LF HOT CHILLED   |  | Beef & Vegetable GF HOT CHILLED   |
| Dessert |  | Fruit Salad & Yoghurt GF |  | Jelly & Custard  |  | Chocolate Cake & Custard |  | Apple Pie & Custard GF |  | Sticky Date Pudding & Butterscotch Sauce |
| Side Salad |  | Garden Salad |  | Greek Salad |  | Caesar Salad |  | Garden Salad |  | Greek Salad |
| Extras |  | Snack Pack |  | Snack Pack |  | Snack Pack |  | Snack Pack |  | Snack Pack |

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| **ITEM** | **MONDAY 31ST MARCH** | **TUESDAY 1ST APRIL** | **WEDNESDAY 2ND APRIL** | **THURSDAY 3RD APRIL** | **FRIDAY 4TH APRIL** |
| Meal A |  | Lamb & Vegetable Stew  GF LF  |  | Cottage Pie GF  |  | Pickled Pork & White Sauce GF |  | Beef Sausages & Gravy GF LF |  | Spaghetti Bolognaise  |
| Meal B |  | Chicken Stir Fry in Plum Sauce GF LF |  | Quiche Lorraine |  | Beef Lasagna  |  | Cheesy Salmon & Rice Bake GF |  | Satay Chicken & Rice GF LF |
| Meal C |  | Meat & Salad |  | Meat & Salad |  | Meat & Salad |  | Meat & Salad |  | Meat & Salad |
| Meal Frozen |  | Add Frozen Meal to order |  | Add Frozen Meal to order |  | Add Frozen Meal to order |  | Add Frozen Meal to order |  | Add Frozen Meal to order |
| **Sandwich** |  | Chicken, Cheese, Lettuce & Mayonnaise White Wholemeal |  | Silverside, Cheese & Relish White Wholemeal |  | Egg & Lettuce White Wholemeal |  | Roast, Tomato, Lettuce & Cheese White Wholemeal |  | Ham, Cheese & Tomato White Wholemeal |
| Soup |  | Cauliflower & Bacon GF HOT CHILLED   |  | Creamy Tomato GF LF  HOT CHILLED   |  | Potato & Leek GF HOT CHILLED   |  | Chicken Noodle GF  HOT CHILLED   |  | Pumpkin GF LF HOT CHILLED   |
| Dessert |  | Caramel Tart, Berries & Cream |  | Lemon Meringue Pie |  | Strawberry Mousse & Pears |  | Pineapple Upside Down Cake |  | Apricot Crumble & Custard |
| Side Salad |  | Caesar Salad |  | Garden Salad  |  | Greek Salad |  | Caesar Salad |  | Garden Salad |
| Extras |  | Snack Pack |  | Snack Pack |  | Snack Pack |  | Snack Pack |  | Snack Pack |
| **ITEM** | **MONDAY 7TH APRIL** | **TUESDAY 8TH APRIL** | **WEDNESDAY 9TH APRIL** | **THURSDAY 10TH APRIL** | **FRIDAY 11TH APRIL** |
| Meal A |  | Savoury Mince GF LF |  | Beef Rissoles & Gravy GF LF |  | Pork & Caramelised Pears in Gravy GF LF  |  | Brunswick Pork Stew GF LF  |  | Beef Burgundy GF LF |
| Meal B |  | Baked Fish with Lemon & Rosemary Crumb GF LF |  | Chicken & Vegetable Casserole GF LF |  | Coconut Beef Curry GF LF  |  | Baked Mango Chutney Chicken GF LF |  | Pork Sausages with Bacon & Gravy GF LF  |
| Meal C |  | Meat & Salad |  | Meat & Salad |  | Meat & Salad |  | Meat & Salad |  | Meat & Salad |
| Meal Frozen |  | Add Frozen Meal to order |  | Add Frozen Meal to order |  | Add Frozen Meal to order |  | Add Frozen Meal to order |  | Add Frozen Meal to order |
| **Sandwich** |  | Curried Egg White Wholemeal |  | Chicken, Cheese, Lettuce & Mayonnaise White Wholemeal |  | Roast, Tomato, Lettuce & Cheese White Wholemeal |  | Ham, Cheese & Tomato White Wholemeal |  | Egg & Lettuce White Wholemeal |
| Soup |  | Beef & Vegetable GF LF HOT CHILLED   |  | Cauliflower & Bacon GF HOT CHILLED   |  | Creamy Tomato GF LF  HOT CHILLED   |  | Potato & Leek GF  HOT CHILLED   |  | Chicken Noodle GF HOT CHILLED   |
| Dessert |  | Peach & Mango Cheesecake  |  | Jam & Coconut Tart |  | Cinnamon Cake GF |  | Apple Berry Danish & Custard |  | Pavlova with Chocolate Mousse & Strawberries |
| Side Salad |  | Greek Salad |  | Caesar Salad |  | Garden Salad |  | Greek Salad |  | Caesar Salad |
| Extras |  | Snack Pack |  | Snack Pack |  | Snack Pack |  | Snack Pack |  | Snack Pack |

**FROZEN MEAL LIST** ONLY TICK BELOW IF YOU RECEIVE FROZEN MEALS & WISH TO CHOOSE WHAT YOU RECEIVE

YOUR FROZEN MEAL CHOICES MAY BE SUBJECT TO CHANGE AT TIME OF DELIVERY DUE TO DEPLETED STOCK.

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| **BEEF** | **LAMB** | **PORK** | **CHICKEN** | **SEAFOOD** |
|  | Beef Stroganoff GF |  | Lamb’s Fry & Bacon GF |  | Baked Glazed Ham & Gravy GF |  | Bacon Encrusted Chicken & Gravy GF LF |  | Baked Fish in Mornay Sauce GF |
|  | Coconut Beef Curry GF LF |  | Lamb & Vegetable Stew GF LF |  | Pork Sausage & Gravy GF LF |  | Chicken & Leek Pie  |  | Cheesy Salmon & Rice Bake GF |
|  | Hearty Beef Casserole GF LF |  | Lamb Rissoles & Gravy GF LF |  | Roast Pork & Apple Sce Gravy GF LF |  | Chicken & Vegetable Casserole GF LF |  | Crumbed Fish & Tartare Sauce |
|  | Roast Beef & Gravy GF LF |  | Roast Lamb & Minted Gravy GF LF |  | BBQ Seasoned Pork Steak GF LF |  | Honey Soy Chicken GF LF |  | Tuna Patties GF LF  |
|   | Savoury Mince GF LF |  | Shepherd’s Pie GF |  | Sweet & Sour Pork GF LF |  | Lemon & Herb Baked Chicken GF LF |  | Curried Prawns GF LF |

**Extras:** (order from the menu)

 **Snack Pack**: Salted Plain chips; Diced Fruit cup; Cheese & Crackers

 **Side salads:** Choices listed in menu

(contact the office for the below items – 3356 2382)

**Cheese & Biscuits:** Bega Cheese & Jatz Crackers

**Orange Juice:** Small juice cup of Orange Juice