

Meals On Wheels Menu – 6 Week Cycle

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ycle 1	Meat Normal or Pureed	Corned Silverside	Curried Lamb	Ham Steaks with Pineapple	Roast Chicken	Battered Fish or Steamed with white sauce	Pork & Apple Casserole	Roast Beef
	Vegetables Normal or Pureed	Mashed Potatoes Pumpkin Green beans	Parsley Potato Carrots Cabbage	Mashed Potato Silverbeet Mashed Carrot & Parsnip	Roast Potato Broccoli Roast Kumara Mixed Veggies	Chips Coleslaw Beetroot Peas Carrot sticks	Mashed Potato Cauliflower Green beans	Roast Potato & Pumpkin Parsnip Peas
	Dessert Normal or Diabetic	Apple Crisp with Custard	Chocolate Steam Pudding & Chocolate Sauce	Creamed Rice with Peaches	Cheese Cake and Apricots	Baked Egg Custard with Plums	Lemon Sago or Lemon Delicious with Pears	Trifle, Fruit Salad with Cream

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ycle 2	Meat Normal or Pureed	Curried Chicken	Corned Silverside	Shepherds Pie	Braised Steak	Battered Fish or Steamed with white sauce	Pork Meat Balls with Sweet & Sour sauce	Roast Chicken
	Vegetables Normal or Pureed	Mashed Potato/Rice Carrots Peas	Mashed Potato Mashed Carrots/Parsnip Cauliflower	Mashed Potato Pumpkin Beans	Whole Potato Cabbage Mixed Vegetables	Chips Coleslaw & Beetroot Carrot Sticks Brussel Sprouts	Rice / Mashed Potatoes Mild Curried Veggies	Roast Potato & Pumpkin Peas
	Dessert Normal or Diabetic	Fruit Sponge and Custard	Jaffa Custard & Pears	Instant Pudding & Fruit	Apple Shortcake & Cream or Ice-Cream	Queen Pudding & Fruit	Creamy Semolina	Cheese Cake

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ycle 3	Meat Normal or Pureed	Savoury Mince	Pork Chowmein	Pot Roast Topside	Ham Steaks & Pineapple	Battered Fish or Steamed with white sauce	Chicken Casserole	Roast Hogget
	Vegetables Normal or Pureed	Parsley Potato Broccoli Kumara	Mashed Potato Silverbeet Carrots Parsnip	Scalloped Potato Pumpkin Butterbeans	Hash Browns Peas Tomatoes	Chips Coleslaw Beetroot or Carrots Brussel Sprouts	Spring Onion & Potato Pumpkin Green beans	Roast potato Cauliflower Peas Roast Kumara
	Dessert Normal or Diabetic	Fruit Sponge & Custard	Mousse & Fruit Salad	Fruit Shortcake & Ice Cream	Bread & Butter Pudding with Peaches	Trifle & Pears	Steamed Jam Pudding	Pavlova & Fruit

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ycle 4	Meat Normal or Pureed	Kai si ming	Braised Steak	Chicken Drumsticks	Stuffed Sausages (potato & onion)	Battered Fish or Steamed with white sauce	Lamb Chop Casserole	Roast Beef
	Vegetables Normal or Pureed	Mashed Potato Stir Fry Veges	Mashed Potato Peas Carrot Rings	Boiled Potato Carrots Broccoli	Scalloped Potato Grilled Tomato Mixed Veges	Chips Coleslaw & Beetroot or Carrots & Peas	Mashed Potato & Kumara Pumpkin Beans	Roast Potato Roast Kumara Broccoli
	Dessert Normal or Diabetic	Butterscotch Pudding	Apple/ Rhubarb Crumble & Custard	Melrose Cream and Fruit	Fruit & Baked Egg Custard	Creamy Rice with Fruit	Steamed Pudding & Custard	Cheese Cake & Fruit Salad

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ycle 5	Meat Normal or Pureed	Swedish Meatballs	Chicken Schnitzel	Beef Casserole	Pickled Pork	Battered Fish or Steamed with white sauce & veges	Braised Sausages	Roast Hogget
	Vegies Normal or Pureed	Rice or Mashed Potato Silverbeet Cabbage Carrots	Scalloped Potatoes Broccoli Butterbeans	Mashed Potato Mixed Veges Mashed Swedes	Mashed Potato with Spring Onion Leeks Pumpkin	Chips, Coleslaw Beetroot Green beans Tomatoes	Mashed Potato Carrots Cabbage	Roast Potato Roast Kumara Cauliflower Peas
	Dessert Normal or Diabetic	Dutch Apple Pudding & Ice Cream	Lemon Meringue	Jelly whip, Pears & Ice Cream	Self-Saucing Caramel Date Pudding	Golden Sago & Apricots	Banana Custard & Ice Cream	Pavlova Fruit salad & Cream

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ycle 6	Meat Normal or Pureed	Pork Schnitzel & Apple Sauce	Roast Chicken	Meat Loaf	Swiss Steak	Battered Fish or Steamed with white sauce	Creamed Chicken	Roast Pork
	Veges Normal or Pureed	Potato/Rice Peas Broccoli	Potato Mashed Carrots & Parsnip Beans	Whole Potato Butter Beans Grilled Tomatoes	Parsley Potato Pumpkin Brussel Sprouts	Chips Coleslaw Beetroot or Carrots & Peas	Mashed Potato Carrots Silverbeet	Roast Potato Roast Pumpkin Cauliflower
	Dessert Normal or Diabetic	Fruit Sponge & Custard	Fruit Salad and Ice Cream	Rice Pudding & Fruit	Hot Fudge Pudding	Mousse & Pears	Baked Egg	Trifle & Fruit salad