

# Meals on Wheels chilled menu

Summer 2023/24 Week 1



northern  
beaches  
council



Meals on Wheels  
Manly

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>					
<b>Regular Main</b>	roast beef with port wine gravy	pork bratwurst sausage with gravy	garlic oregano chicken thigh (skin on)	lamb koftas with red pepper sauce	crumbed fish
<b>Easy to Chew Main</b>	coconut chicken & spinach curry	moroccan lamb	beef stroganoff	ham, egg & tomato slice	curried savoury mince
<b>Vegetarian</b>	spinach & cheese roll	mediterranean veg tart	mac cheese bake	pumpkin, lentil & mushroom curry	pumpkin mushroom arancini
<b>Salad Pack</b>	egg with pasta salad	ham with potato salad	tuna with pasta salad	cheese with pesto pasta salad	spanish egg slice with pesto pasta salad
<b>Dessert</b>					
<b>Sweet</b>	golden syrup baked custard	summer fruit crumble with custard	jaffa marble cake with custard	jelly with peaches & custard	creamy rice with raspberry puree
<b>Fruit +</b>	pears with custard	fruit salad with yoghurt	peaches with custard	summer fruit compote with yoghurt	pineapple with custard

# Meals on Wheels chilled menu

Summer 2023/24 Week 2



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Meals on Wheels  
Manly

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>					
<b>Regular Main</b>	lamb burger pattie with gravy	smoky beef & potato pie	roast chicken thigh with peppercorn sauce	pork chillindron	crumbed fish
<b>Easy to Chew Main</b>	coconut curry baked fish	pork & mustard casserole	slow cooked lamb casserole	beef bolognaise	butter chicken
<b>Vegetarian</b>	spinach & almond risotto	beetroot lentil burger with red pepper sauce	veggie slice	potato & spinach Pie	pumpkin, lentil & mushroom curry
<b>Salad Pack</b>	roast turkey with pasta salad	shaved BBQ pork with potato salad	cheese with pasta salad	vegetable frittata with potato salad	egg with pesto pasta salad
<b>Dessert</b>					
<b>Sweet</b>	berry crumble cake with custard	baked custard with chocolate sponge	jelly with fruit salad & custard	tropical fruit cake with custard	creamy rice with mango puree
<b>Fruit +</b>	stewed spiced apples with yoghurt	two fruits with custard	summer fruit compote with custard	pears with yoghurt	fruit medley with custard

# Meals on Wheels chilled menu

Summer 2023/24 Week 3



northern  
beaches  
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Meals on Wheels  
Manly

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>					
<b>Regular Main</b>	chicken schnitzel with mushroom gravy	pork steak with red pepper sauce	roast lamb with gravy	beef rissoles with port wine gravy	crumbed fish
<b>Easy to Chew Main</b>	curried sausages	beef burgundy	chicken & white bean casserole	moroccan lamb	beef stroganoff
<b>Vegetarian</b>	vegetable pesto pasta bake	spinach & cheese roll	spanish omelette	pumpkin & mushroom arancini	mac cheese bake
<b>Salad Pack</b>	cheese with potato salad	egg with pasta salad	roast chicken with pesto pasta salad	corned beef with pasta salad	cheese with pesto pasta salad
<b>Dessert</b>					
<b>Sweet</b>	jelly with custard	creamy rice with raspberry puree	choc nutella brownie with custard	baked custard with cinnamon	pineapple upside down cake with caramel custard
<b>Fruit +</b>	pineapple with custard	stewed spiced apples with custard	two fruits with yoghurt	peaches with yoghurt	mixed fruit compote with custard

# Meals on Wheels chilled menu

Summer 2023/24 Week 4



northern  
beaches  
council



Meals on Wheels  
Manly

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>					
<b>Regular Main</b>	roast beef with seeded mustard gravy	bacon & mac cheese bake	roast turkey with sage & onion gravy	lamb & rosemary sausage with gravy	crumbed fish
<b>Easy to Chew Main</b>	sweet & sour chicken	steak & caramelised onion casserole	thai pork rissoles with coconut curry sauce	salmon pasta bake	spanish chicken with chickpeas
<b>Vegetarian</b>	mediterranean vegetable tart	pumpkin, lentil & mushroom curry	spinach rice balls with red pepper sauce	veggie slice	vegetable pesto pasta bake
<b>Salad Pack</b>	egg with pesto pasta salad	cheese with pasta salad	shaved BBQ pork with potato salad	tuna with pasta salad	roast chicken with pasta salad
<b>Dessert</b>					
<b>Sweet</b>	creamy rice with mango puree	honey syrup cake with custard	apple & cinnamon crumble with custard	bread & butter pudding	jelly with fruit salad & custard
<b>Fruit +</b>	fruit medley with custard	peaches with yoghurt	pineapple with custard	stewed spiced apples with yoghurt	summer fruit compote with custard