



MEALS ON WHEELS



MENU

6 July to 18 October 2026

Home-style meals
Made fresh each day on site

locals looking after locals



MEALS ON WHEELS

Anyone can buy our meals!

Whether you have difficulty shopping or preparing your own food, our home-cooked meals are good, honest fare, just like your mum used to make. Our meals are wholesome and nutritious – low on fat content and high on taste!

PUBLIC HOLIDAYS

Our kitchen will be closed on the following public holidays over 2026:

10 July 2026
(Matariki)

PRICING

(includes GST)

2 course hot meal \$14.00
(with or without dessert)

Combo pack \$12.00
(soup, club sandwich pack and dessert)

Other food items you can add to your food order include

Soup \$3.00*
Sandwiches \$4.50*

*Cannot be ordered on their own

HOW DO I PAY?

Invoices are processed at the end of the month. We prefer payments to be made online with customers using their own individual customer number to identify payments.

COORDINATOR HOURS

8.30am to 4.30pm weekdays.

Outside of these hours please leave a message on the answer phone.

All orders and cancellations need to be in by 9.00am weekdays.

The office is not staffed during the weekend.

All meals are made fresh on site each day
and where possible, we use local suppliers and products

6 JULY 2026 (WEEK 1)

MONDAY

Soup: Pumpkin & Carrot
Hungarian Goulash

Alternative: Pork BBQ Riblet (G)
Vegetarian: Macaroni Cheese (G,D)

Potatoes, Broccoli, Kumara
Dessert: Creamed Rice and Fruit (D)

TUESDAY

Soup: Pumpkin & Carrot
Deville Sausages

Alternative: Beef Casserole (G)
Vegetarian: Spinach Filo Parcel (G,D,E)

Potatoes (D), Peas, Stir Fried Veggies
Dessert: Apple Shortcake (G,D,E)

WEDNESDAY

Soup: Crème of Mushroom
Roast Beef & Gravy

Alternative: Roast Chicken (E)
Vegetarian: Lentil Patties

Roast Potatoes, Whole Baby Beans, Carrots
Dessert:

French Vanilla Mousse & Peaches (D)

THURSDAY

Soup: French Onion

Battered Fish with Tartare Sauce (G,F)

Alternative: Meatballs in Tomato Gravy (G)
Vegetarian: Mushroom Quiche (G,D,E)

Potatoes (D), Cabbage, Vegetable Mornay (D)
Dessert: Baked Coconut Pudding (G,D,E)

FRIDAY

CLOSED FOR MATARIKI

SATURDAY

Soup: Chicken Noodle
Hawaiian Chicken

Alternative: Lasagne Toppers (G,M,S)
Vegetarian: Frittata (D,E)

Potatoes (D), Peas, Cauliflower in Cheese Sauce (G,D)

Dessert:
Chocolate Instant Pudding & Fruit (D)

13 JULY 2026 (WEEK 2)

MONDAY

Soup: Chicken & Corn
Meatloaf & Gravy (G)

Alternative: Chicken Schnitzel (G,E)
Vegetarian: Vegetable Strudel (G)

Potatoes (D), Pumpkin, Cross Cut Beans

Dessert:
Mixed Berries in Raspberry Jelly

TUESDAY

Soup: Leek & Potato
Pork & Apple Casserole

Alternative: Curry Chicken (G)
Vegetarian: Macaroni & Veggies (G)

Potatoes (D), Silverbeet, Stir Fried Veggies
Dessert:

Apple & Blueberry Crumble & Custard (G,D)

WEDNESDAY

Soup: Asparagus
Roast Beef with Mustard Seed Gravy

Alternative: Roast Pork (G,D)
Vegetarian: Potato Bake

Roast Potatoes, Carrots, Peas
Dessert:

Individual Strawberry & Custard Tarts (G,D,E)

THURSDAY

Soup: Tomato

Meatballs (G)

Alternative: Wee Potato Top Pie (G,D)
Vegetarian: Nutty Carrot Loaf (P,N,E,M)

Potatoes (D), Kumara, Spinach
Dessert:

Strawberry Instant Pudding with Fruit (M)

FRIDAY

Soup: Mushroom

Battered Fish & Sweet Chilli Mayo (G,F)

Alternative: Lambs Fry & Bacon (S)
Vegetarian: Potato & Leek Quiche (G,D,E)

Potatoes, Cauliflower, Whole Green Beans
Dessert: Hot Fudge Pudding (G,D,E)

SATURDAY

Soup: Crème of Mushroom

Beef Lasagne (G)

Alternative: Chicken Lasagne (G)
Vegetarian: Filo Samosas (G)

Potatoes, Cabbage, Mixed Veggies
Dessert: Mini Pavs & Fruit (D)

Contains allergens (G: Gluten, E: Egg, D: Dairy, N: Nuts, M: Milk, S: Soy, F: Fish, P: Peanut)
Menu subject to change



MEALS ON WHEELS

20 JULY 2026 (WEEK 3)

MONDAY

Soup: Vegetable (\$3 extra)
Meat Patties with Onion Gravy (G,E)
Alternative: Bacon & Egg Pie (G,E)
Vegetarian: Vegetable Lasagne (G)
Potatoes (D), Broccoli, Pumpkin
Dessert: Baked Sago & Peaches (E,D)

TUESDAY

Soup: Sweet Corn & Noodle
Chicken & Vegetable Casserole
Alternative: Beef Schnitzel (G,E)
Vegetarian: Broccoli Bake (D,G)
Potatoes (D), Peas, Carrots and Parsnips
Dessert:
Sticky Date Pudding with Custard (D,E)

WEDNESDAY

Soup: Pea & Ham
Ham Steaks with Pineapple
Alternative: Silverside
Vegetarian: Lentil Patties (E)
Potatoes (D), Mixed Veggies, Silverbeet
Dessert:
Spanish Cream & Fruit (D,E)

THURSDAY

Soup: Kumara & Pumpkin
Roast Pork & Gravy
Alternative: Roast Pork
Vegetarian: Mushroom Quiche (G,D,E)
Roast Potatoes, Roast Carrots, Green Beans
Dessert: Semolina & Fruit (G,D,M)

FRIDAY

Soup: Minestrone
Battered Fish with Tartare Sauce (G,F)
Alternative: Savoury Mince
Vegetarian: Macaroni Cheese (G,D,E)
Wedges, Sweet Potato Mash, Peas
Dessert: Pineapple Short Cake (G,D,E)

SATURDAY

Soup: Tomato
Chicken A La King (G,D)
Alternative: Curried Sausages (G)
Vegetarian: Vegetarian Lasagne (G,M,S)
Creamed Potatoes (D), Carrots, Spinach
Dessert: Cheesecake (G,D)

27 JULY 2026 (WEEK 4)

MONDAY

Soup: Vegetable (\$3 extra)
Sausages with Onion Gravy
Alternative: Beef Swirls (G,D,E)
Vegetarian: Vegetarian Pizza (G,D)
Potatoes (D), Kumara, Red Cabbage Casserole
Dessert: Bread Pudding (G,D,E)

TUESDAY

Soup: Crème of Mushroom
Beef Casserole (G)
Alternative: Curry Sausages
Vegetarian: Zucchini Fritters (E)
Potatoes, Carrots and Parsnips, Green Beans
Dessert:
Ginger Bread Upside Down Pudding (G,D,E)

WEDNESDAY

Soup: French Onion
Roast Beef with Gravy
Alternative: Roast Chicken
Vegetarian: Vegetarian Quiche (G,D,E)
Roast Potatoes, Carrots, Peas
Dessert: Lamingtons & Fruit Salad (G,D,E)

THURSDAY

Soup: Crème of Chicken
Chicken Schnitzel & Plum Sauce
Alternative: Beef Olives (G)
Vegetarian: Potato Pasties (G)
Potatoes (D), Pumpkin, Broccoli
Dessert: Pear & Raisin Sponge (G,D,E)

FRIDAY

Soup: Pumpkin
Battered Fish with Tartare Sauce (G,F)
Alternative: Beef Koftas (G,E,N)
Vegetarian: Courgette Loaf (G,D,N)
Potatoes (D), Corn, Silverbeet
Dessert: Ambrosia (G,D)

SATURDAY

Soup: Pea & Ham
Silverside
Alternative: Pork & Apple Schnitzel (G,D)
Vegetarian: Lentil Loaf (G)
Potatoes (D), Carrots, Cabbage
Dessert: Fruit in Orange Jelly (D,G)

Contains allergens (G: Gluten, E: Egg, D: Dairy, N: Nuts, M: Milk, S: Soy, F: Fish, P: Peanut)
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MEALS ON WHEELS

3 AUGUST 2026 (WEEK 5)

MONDAY

Soup: Leek & Potato (\$3 extra)
Beef Bourguignon (S)
Alternative: Bacon & Egg Pie (G,D,E)
Vegetarian: Baked Filo Samosas (G,D)
Potatoes (D), Broccoli, Carrots
Dessert: Apple & Apricot Sponge (G,D,E)

TUESDAY

Soup: Pumpkin
Pork Riblet (G)
Alternative: Savoury Mince
Vegetarian: Baked Potato with Chickpea Filling
Potatoes (D), Pumpkin, Whole Baby Beans
Dessert: Lemon Sago

WEDNESDAY

Soup: Tomato & Rice
Roast Beef with Gravy
Alternative: Roast Pork
Vegetarian: Broccoli & Walnut Bake (G,N)
Roast Potatoes, Carrots, Peas
Dessert: Caramel Mousse with Chocolate Topping (D)

THURSDAY

Soup: Vegetable
Baked Orange Chicken
Alternative: Mini Meatballs (G)
Vegetarian: Corn Fritters (G)
Potatoes, Mixed Veges, Cauliflower
Dessert: Fruit Trifle (G,E)

FRIDAY

Soup: Asparagus
Battered Fish with Sweet & Sour Sauce (G,F)
Alternative: Cornish Pasties (G)
Vegetarian: Lentil Patties (E)
Potatoes (D), Peas, Asian Stir Fry
Dessert: Chocolate Sponge & Berry Coulis (G,D)

SATURDAY

Soup: Pea & Ham
Meat Patties & Gravy (G,E)
Alternative: Chicken Cordon Bleu (G,D)
Vegetarian: Savoury Potato Bake (G,D)
Potatoes (D), Sliced Beans, Harvard Beet
Dessert: Strawberry Instant Pudding & Fruit Salad (M)

10 AUGUST 2026 (WEEK 1)

MONDAY

Soup: Pumpkin & Carrot
Hungarian Goulash
Alternative: Pork BBQ Riblet (G)
Vegetarian: Macaroni Cheese (G,D)
Potatoes, Broccoli, Kumara
Dessert: Creamed Rice and Fruit (D)

TUESDAY

Soup: Pumpkin & Carrot
Deville Sausages
Alternative: Beef Casserole
Vegetarian: Spinach Filo Parcel (G)
Potatoes (D), Peas, Stir Fried Veges
Dessert: Apple Shortcake (G,D,E)

WEDNESDAY

Soup: Crème of Mushroom
Roast Beef & Gravy
Alternative: Roast Chicken
Vegetarian: Lentil Patties (E)
Roast Potatoes, Whole Baby Beans, Carrots
Dessert: French Vanilla Mousse & Peaches (D)

THURSDAY

Soup: French Onion
Battered Fish with Tartare Sauce (G,F)
Alternative: Meatballs in Tomato Gravy (G)
Vegetarian: Mushroom Quiche (G,D,E)
Potatoes (D), Cabbage, Vegetable Mornay (D)
Dessert: Baked Coconut Pudding (G,D,E)

FRIDAY

Soup: Asparagus
Silverside with Mustard Sauce (G)
Alternative: Cottage Pie
Vegetarian: Vegetable Curry
Potatoes, Spinach, Carrots
Dessert: Lemon Delicious (G,D)

SATURDAY

Soup: Chicken Noodle
Hawaiian Chicken
Alternative: Lasagne Toppers (G,M,S)
Vegetarian: Frittata (D,E)
Potatoes (D), Peas, Cauliflower in Cheese Sauce (G,D)
Dessert: Chocolate Instant Pudding & Fruit (D)

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MEALS ON WHEELS

17 AUGUST 2026 (WEEK 2)

MONDAY

Soup: Chicken & Corn

Meatloaf & Gravy

(G)

Alternative: Chicken Schnitzel

(G,E)

Vegetarian: Vegetable Strudel

(G)

Potatoes (D), Pumpkin, Cross Cut Beans

Dessert:

Mixed Berries in Raspberry Jelly

TUESDAY

Soup: Leek & Potato

Pork & Apple Casserole

Alternative: Curry Chicken

Vegetarian: Macaroni & Veges

(G)

Potatoes (D), Silverbeet, Stir Fried Veges

Dessert:

Apple & Blueberry Crumble & Custard (G,D)

WEDNESDAY

Soup: Asparagus

Roast Beef with Mustard Seed Gravy

Alternative: Roast Pork

Vegetarian: Potato Bake

(G,D)

Roast Potatoes, Carrots, Peas

Dessert:

Individual Strawberry & Custard Tarts (G,D,E)

THURSDAY

Soup: Tomato

Meatballs

(G)

Alternative: Wee Potato Top Pie

(G,D)

Vegetarian: Nutty Carrot Loaf

(P,N,E,M)

Potatoes (D), Kumara, Spinach

Dessert:

Strawberry Instant Pudding with Fruit (M)

FRIDAY

Soup: Mushroom

Battered Fish & Sweet Chilli Mayo

(G,F)

Alternative: Lambs Fry & Bacon

(S)

Vegetarian: Potato & Leek Quiche

(G,D,E)

Potatoes, Cauliflower, Whole Green Beans

Dessert: Hot Fudge Pudding

(G,D,E)

SATURDAY

Soup: Crème of Mushroom

Beef Lasagne

(G)

Alternative: Chicken Lasagne

(G)

Vegetarian: Filo Samosas

(G)

Potatoes, Cabbage, Mixed Veges

(G,D)

Dessert: Mini Pavs & Fruit

(D)

24 AUGUST 2026 (WEEK 3)

MONDAY

Soup: Vegetable (\$3 extra)

Meat Patties with Onion Gravy

(G,E)

Alternative: Bacon & Egg Pie

(G,E)

Vegetarian: Vegetable Lasagne

(G)

Potatoes (D), Broccoli, Pumpkin

Dessert: Baked Sago & Peaches

(E,D)

TUESDAY

Soup: Sweet Corn & Noodle

Chicken & Vegetable Casserole

Alternative: Beef Schnitzel

(G,E)

Vegetarian: Broccoli Bake

(D,G)

Potatoes (D), Peas, Carrots and Parsnips

Dessert:

Sticky Date Pudding with Custard

(D,E)

WEDNESDAY

Soup: Pea & Ham

Ham Steaks with Pineapple

Alternative: Silverside

Vegetarian: Lentil Patties

(E)

Potatoes (D), Mixed Veges, Silverbeet

Dessert:

Spanish Cream & Fruit

(D,E)

THURSDAY

Soup: Kumara & Pumpkin

Roast Pork & Gravy

Alternative: Roast Pork

Vegetarian: Mushroom Quiche

(G,D,E)

Roast Potatoes, Roast Carrots, Green Beans

Dessert: Semolina & Fruit

(G,D,M)

FRIDAY

Soup: Minestrone

Battered Fish with Tartare Sauce

(G,F)

Alternative: Savoury Mince

Vegetarian: Macaroni Cheese

(G,D,E)

Wedges, Sweet Potato Mash, Peas

Dessert: Pineapple Short Cake

(G,D,E)

SATURDAY

Soup: Tomato

Chicken A La King

(G,D)

Alternative: Curried Sausages

(G)

Vegetarian: Vegetarian Lasagne

(G,M,S)

Creamed Potatoes (D), Carrots, Spinach

Dessert: Cheesecake

(G,D)

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MEALS ON WHEELS

31 AUGUST 2026 (WEEK 4)

MONDAY

Soup: Vegetable (\$3 extra)
Sausages with Onion Gravy

Alternative: Beef Swirls (G,D,E)

Vegetarian: Vegetarian Pizza (G,D)

Potatoes (D), Kumara, Red Cabbage Casserole

Dessert: Bread Pudding (G,D,E)

TUESDAY

Soup: Crème of Mushroom
Beef Casserole

(G)

Alternative: Curry Sausages

Vegetarian: Zucchini Fritters (E)

Potatoes, Carrots and Parsnips, Green Beans

Dessert:

Ginger Bread Upside Down Pudding (G,D,E)

WEDNESDAY

Soup: French Onion
Roast Beef with Gravy

Alternative: Roast Chicken

Vegetarian: Vegetarian Quiche (G,D,E)

Roast Potatoes, Carrots, Peas

Dessert: Lamingtons & Fruit Salad (G,D,E)

THURSDAY

Soup: Crème of Chicken
Chicken Schnitzel & Plum Sauce

Alternative: Beef Olives (G)

Vegetarian: Potato Pasties (G)

Potatoes (D), Pumpkin, Broccoli

Dessert: Pear & Raisin Sponge (G,D,E)

FRIDAY

Soup: Pumpkin
Battered Fish with Tartare Sauce

Alternative: Beef Koftas (G,E,N)

Vegetarian: Courgette Loaf (G,D,N)

Potatoes (D), Corn, Silverbeet

Dessert: Ambrosia (G,D)

SATURDAY

Soup: Pea & Ham
Silverside

Alternative: Pork & Apple Schnitzel (G,D)

Vegetarian: Lentil Loaf (G)

Potatoes (D), Carrots, Cabbage

Dessert: Fruit in Orange Jelly (D,G)

7 SEPTEMBER 2026 (WEEK 5)

MONDAY

Soup: Leek & Potato (\$3 extra)
Beef Bourguignon

(S)

Alternative: Bacon & Egg Pie (G,D,E)

Vegetarian: Baked Filo Samosas (G,D)

Potatoes (D), Broccoli, Carrots

Dessert: Apple & Apricot Sponge (G,D,E)

TUESDAY

Soup: Pumpkin
Pork Riblet

(G)

Alternative: Savoury Mince

Vegetarian: Baked Potato with Chickpea Filling

Potatoes (D), Pumpkin, Whole Baby Beans

Dessert: Lemon Sago

WEDNESDAY

Soup: Tomato & Rice
Roast Beef with Gravy

Alternative: Roast Pork

Vegetarian: Broccoli & Walnut Bake (G,N)

Roast Potatoes, Carrots, Peas

Dessert: Caramel Mousse with Chocolate Topping (D)

THURSDAY

Soup: Vegetable
Baked Orange Chicken

Alternative: Mini Meatballs (G)

Vegetarian: Corn Fritters (G)

Potatoes, Mixed Veges, Cauliflower

Dessert: Fruit Trifle (G,E)

FRIDAY

Soup: Asparagus
Battered Fish with Sweet & Sour Sauce

(G,F)

Alternative: Cornish Pasties (G)

Vegetarian: Lentil Patties (E)

Potatoes (D), Peas, Asian Stir Fry

Dessert: Chocolate Sponge & Berry Coulis (G,D)

SATURDAY

Soup: Pea & Ham

Meat Patties & Gravy (G,E)

Alternative: Chicken Cordon Bleu (G,D)

Vegetarian: Savoury Potato Bake (G,D)

Potatoes (D), Sliced Beans, Harvard Beet

Dessert: Strawberry Instant Pudding & Fruit Salad (M)

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Menu subject to change



MEALS ON WHEELS

14 SEPTEMBER 2026 (WEEK 1)

MONDAY

Soup: Pumpkin & Carrot
Hungarian Goulash

Alternative: Pork BBQ Riblet (G)
Vegetarian: Macaroni Cheese (G,D)

Potatoes, Broccoli, Kumara
Dessert: Creamed Rice and Fruit (D)

TUESDAY

Soup: Pumpkin & Carrot
Deville Sausages

Alternative: Beef Casserole
Vegetarian: Spinach Filo Parcel (G)

Potatoes (D), Peas, Stir Fried Veggies
Dessert: Apple Shortcake (G,D,E)

WEDNESDAY

Soup: Crème of Mushroom
Roast Beef & Gravy

Alternative: Roast Chicken
Vegetarian: Lentil Patties (E)

Roast Potatoes, Whole Baby Beans, Carrots
Dessert: French Vanilla Mousse & Peaches (D)

THURSDAY

Soup: French Onion
Battered Fish with Tartare Sauce (G,F)

Alternative: Meatballs in Tomato Gravy (G)
Vegetarian: Mushroom Quiche (G,D,E)

Potatoes (D), Cabbage, Vegetable Mornay (D)
Dessert: Baked Coconut Pudding (G,D,E)

FRIDAY

Soup: Asparagus
Silverside with Mustard Sauce (G)

Alternative: Cottage Pie
Vegetarian: Vegetable Curry
Potatoes, Spinach, Carrots
Dessert: Lemon Delicious (G,D)

SATURDAY

Soup: Chicken Noodle
Hawaiian Chicken

Alternative: Lasagne Toppers (G,M,S)
Vegetarian: Frittata (D,E)

Potatoes (D), Peas, Cauliflower in Cheese Sauce (G,D)

Dessert: Chocolate Instant Pudding & Fruit (D)

21 SEPTEMBER 2026 (WEEK 2)

MONDAY

Soup: Chicken & Corn
Meatloaf & Gravy (G)

Alternative: Chicken Schnitzel (G,E)
Vegetarian: Vegetable Strudel (G)

Potatoes (D), Pumpkin, Cross Cut Beans

Dessert: Mixed Berries in Raspberry Jelly

TUESDAY

Soup: Leek & Potato
Pork & Apple Casserole

Alternative: Curry Chicken
Vegetarian: Macaroni & Veggies (G)

Potatoes (D), Silverbeet, Stir Fried Veggies
Dessert: Apple & Blueberry Crumble & Custard (G,D)

WEDNESDAY

Soup: Asparagus
Roast Beef with Mustard Seed Gravy

Alternative: Roast Pork
Vegetarian: Potato Bake (G,D)

Roast Potatoes, Carrots, Peas
Dessert: Individual Strawberry & Custard Tarts (G,D,E)

THURSDAY

Soup: Tomato
Meatballs (G)

Alternative: Wee Potato Top Pie (G,D)
Vegetarian: Nutty Carrot Loaf (P,N,E,M)

Potatoes (D), Kumara, Spinach
Dessert: Strawberry Instant Pudding with Fruit (M)

FRIDAY

Soup: Mushroom
Battered Fish & Sweet Chilli Mayo (G,F)

Alternative: Lambs Fry & Bacon (S)
Vegetarian: Potato & Leek Quiche (G,D,E)

Potatoes, Cauliflower, Whole Green Beans
Dessert: Hot Fudge Pudding (G,D,E)

SATURDAY

Soup: Crème of Mushroom
Beef Lasagne (G)

Alternative: Chicken Lasagne (G)
Vegetarian: Filo Samosas (G)

Potatoes, Cabbage, Mixed Veggies
Dessert: Mini Pavs & Fruit (D)

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MEALS ON WHEELS

28 SEPTEMBER 2026 (WEEK 3)

MONDAY

Soup: Vegetable (\$3 extra)
Meat Patties with Onion Gravy (G,E)
Alternative: Bacon & Egg Pie (G,E)
Vegetarian: Vegetable Lasagne (G)
Potatoes (D), Broccoli, Pumpkin
Dessert: Baked Sago & Peaches (E,D)

TUESDAY

Soup: Sweet Corn & Noodle
Chicken & Vegetable Casserole
Alternative: Beef Schnitzel (G,E)
Vegetarian: Broccoli Bake (D,G)
Potatoes (D), Peas, Carrots and Parsnips
Dessert:
Sticky Date Pudding with Custard (D,E)

WEDNESDAY

Soup: Pea & Ham
Ham Steaks with Pineapple
Alternative: Silverside
Vegetarian: Lentil Patties (E)
Potatoes (D), Mixed Veggies, Silverbeet
Dessert:
Spanish Cream & Fruit (D,E)

THURSDAY

Soup: Kumara & Pumpkin
Roast Pork & Gravy
Alternative: Roast Pork
Vegetarian: Mushroom Quiche (G,D,E)
Roast Potatoes, Roast Carrots, Green Beans
Dessert: Semolina & Fruit (G,D,M)

FRIDAY

Soup: Minestrone
Battered Fish with Tartare Sauce (G,F)
Alternative: Savoury Mince
Vegetarian: Macaroni Cheese (G,D,E)
Wedges, Sweet Potato Mash, Peas
Dessert: Pineapple Short Cake (G,D,E)

SATURDAY

Soup: Tomato
Chicken A La King (G,D)
Alternative: Curried Sausages (G)
Vegetarian: Vegetarian Lasagne (G,M,S)
Creamed Potatoes (D), Carrots, Spinach
Dessert: Cheesecake (G,D)

5 OCTOBER 2026 (WEEK 4)

MONDAY

Soup: Vegetable (\$3 extra)
Sausages with Onion Gravy
Alternative: Beef Swirls (G,D,E)
Vegetarian: Vegetarian Pizza (G,D)
Potatoes (D), Kumara, Red Cabbage Casserole
Dessert: Bread Pudding (G,D,E)

TUESDAY

Soup: Crème of Mushroom
Beef Casserole (G)
Alternative: Curry Sausages
Vegetarian: Zucchini Fritters (E)
Potatoes, Carrots and Parsnips, Green Beans
Dessert:
Ginger Bread Upside Down Pudding (G,D,E)

WEDNESDAY

Soup: French Onion
Roast Beef with Gravy
Alternative: Roast Chicken
Vegetarian: Vegetarian Quiche (G,D,E)
Roast Potatoes, Carrots, Peas
Dessert: Lamingtons & Fruit Salad (G,D,E)

THURSDAY

Soup: Crème of Chicken
Chicken Schnitzel & Plum Sauce
Alternative: Beef Olives (G)
Vegetarian: Potato Pasties (G)
Potatoes (D), Pumpkin, Broccoli
Dessert: Pear & Raisin Sponge (G,D,E)

FRIDAY

Soup: Pumpkin
Battered Fish with Tartare Sauce (G,F)
Alternative: Beef Koftas (G,E,N)
Vegetarian: Courgette Loaf (G,D,N)
Potatoes (D), Corn, Silverbeet
Dessert: Ambrosia (G,D)

SATURDAY

Soup: Pea & Ham
Silverside
Alternative: Pork & Apple Schnitzel (G,D)
Vegetarian: Lentil Loaf (G)
Potatoes (D), Carrots, Cabbage
Dessert: Fruit in Orange Jelly (D,G)

Contains allergens (G: Gluten, E: Egg, D: Dairy, N: Nuts, M: Milk, S: Soy, F: Fish, P: Peanut)
Menu subject to change



MEALS ON WHEELS

12 OCTOBER 2026 (WEEK 5)

MONDAY

Soup: Leek & Potato (\$3 extra)

Beef Bourguignon

(S)

Alternative: Bacon & Egg Pie

(G,D,E)

Vegetarian: Baked Filo Samosas

(G,D)

Potatoes (D), Broccoli, Carrots

Dessert: Apple & Apricot Sponge

(G,D,E)

TUESDAY

Soup: Pumpkin

Pork Riblet

(G)

Alternative: Savoury Mince

Vegetarian: Baked Potato with Chickpea Filling

Potatoes (D), Pumpkin, Whole Baby Beans

Dessert: Lemon Sago

WEDNESDAY

Soup: Tomato & Rice

Roast Beef with Gravy

Alternative: Roast Pork

Vegetarian: Broccoli & Walnut Bake

(G,N)

Roast Potatoes, Carrots, Peas

Dessert: Caramel Mousse with

Chocolate Topping

(D)

THURSDAY

Soup: Vegetable

Baked Orange Chicken

Alternative: Mini Meatballs

(G)

Vegetarian: Corn Fritters

(G)

Potatoes, Mixed Veges, Cauliflower

Dessert: Fruit Trifle

(G,E)

FRIDAY

Soup: Asparagus

Battered Fish with Sweet & Sour Sauce

(G,F)

Alternative: Cornish Pasties

(G)

Vegetarian: Lentil Patties

(E)

Potatoes (D), Peas, Asian Stir Fry

Dessert:

Chocolate Sponge & Berry Coulis

(G,D)

SATURDAY

Soup: Pea & Ham

Meat Patties & Gravy

(G,E)

Alternative: Chicken Cordon Bleu

(G,D)

Vegetarian: Savoury Potato Bake

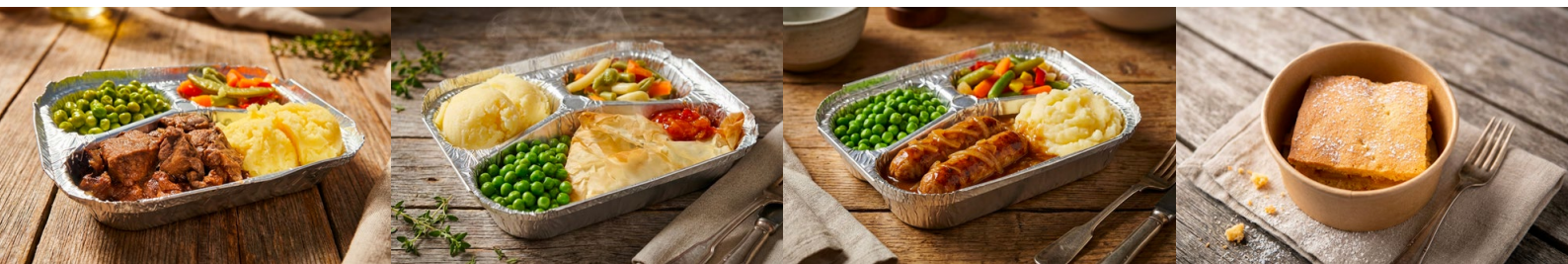
(G,D)

Potatoes (D), Sliced Beans, Harvard Beet

Dessert: Strawberry Instant Pudding

& Fruit Salad

(M)



Contains allergens (G: Gluten, E: Egg, D: Dairy, N: Nuts, M: Milk, S: Soy, F: Fish, P: Peanut)
Menu subject to change