



Meals on Wheels

# FEEDBACK

Please indicate like ✓ dislike ✗

- |   |   |
|---|---|
| <input type="checkbox"/> Roast Chicken            | <input type="checkbox"/> Vegetarian Cottage Pie   |
| <input type="checkbox"/> Chicken Parmigiana       | <input type="checkbox"/> Vegetable Pasta Bake     |
| <input type="checkbox"/> Butter Chicken           | <input type="checkbox"/> Minestrone Soup          |
| <input type="checkbox"/> Japanese Sesame Chicken  | <input type="checkbox"/> Pea & Ham Soup           |
| <input type="checkbox"/> Roast Beef               | <input type="checkbox"/> Pumpkin Soup             |
| <input type="checkbox"/> Spaghetti w Meatballs    | <input type="checkbox"/> Beef & Vegetable Soup    |
| <input type="checkbox"/> Beef Bourguignon         | <input type="checkbox"/> Thick Vegetable Soup     |
| <input type="checkbox"/> Cottage Pie              | <input type="checkbox"/> Chicken & Vegetable Soup |
| <input type="checkbox"/> Beef Lasagne             | <input type="checkbox"/> Potato & Leek Soup       |
| <input type="checkbox"/> Steak & Kidney Pie       | <input type="checkbox"/> Beef & Barley Soup       |
| <input type="checkbox"/> Rissoles                 | <input type="checkbox"/> Strawberry Mousse        |
| <input type="checkbox"/> Sausages & Gravy         | <input type="checkbox"/> Chocolate Mousse         |
| <input type="checkbox"/> Beef Pie                 | <input type="checkbox"/> Chocolate Mud Cake       |
| <input type="checkbox"/> Beef Lasagne             | <input type="checkbox"/> Blueberry Sponge Crumble |
| <input type="checkbox"/> Roast Lamb               | <input type="checkbox"/> Bread & Butter Pudding   |
| <input type="checkbox"/> Lamb Casserole           | <input type="checkbox"/> Apricot Crumble          |
| <input type="checkbox"/> Roast Pork               | <input type="checkbox"/> Sticky Date Pudding      |
| <input type="checkbox"/> Fish & Chips             |   |
| <input type="checkbox"/> Macaroni Cheese          |   |
| <input type="checkbox"/> Spinach & Cheese Risotto |   |

**Comments**

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# MENU



More than just a meal

## MAIN MEALS

- Roast Chicken**  
w roast potato, pumpkin, peas & gravy.
- Chicken Parmigiana**
- Butter Chicken**  
w rice, spinach & sweet potato
- Japanese Sesame Chicken**  
w rice, carrots & spinach
- Roast Beef**  
w roast potato, carrots & peas
- Spaghetti w Meatballs**  
w zucchini & eggplant, napoli sauce
- Beef Bourguignon**  
w mashed potato, pumpkin & peas
- Cottage Pie**
- Beef Lasagne**
- Steak & Kidney Pie**
- Rissoles**  
w onion gravy
- Sausages & Gravy**
- Beef Pie**  
w mash and gravy
- Roast Lamb**  
w gravy
- Lamb Casserole**  
w mashed potato, carrots & peas
- Roast Pork**  
w roast potato, pumpkin, peas, gravy
- Fish & Chips**  
w corn, peas & carrots

## VEGETARIAN

- Macaroni Cheese**
- Spinach & Cheese Risotto**
- Vegetarian Cottage Pie**
- Vegetable Pasta Bake**

## SOUPS

- Minestrone**
- Pea & Ham**
- Pumpkin**
- Beef & Vegetable**
- Thick Vegetable**
- Chicken & Vegetable**
- Potato & Leek**
- Beef & Barley**

## DESSERTS

- Strawberry Mousse**
- Chocolate Mousse**
- Chocolate Mud Cake**  
w cream
- Blueberry Sponge Crumble**  
w custard
- Bread & Butter Pudding**
- Apricot Crumble**
- Sticky Date Pudding**

*Special dietary requirements catered for  
please enquire*



Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

	CHSP Clients	Non CHSP Clients
<b>Main</b>	\$7.00 each	\$8.50 each
<b>Dessert</b>	\$3.50 each	\$4.00 each
<b>Soup</b>	\$2.70 each	\$3.20 each
<b>Juice</b>	\$1.60 each	\$1.70 each

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