



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mini Meal	Lemon Chicken Schnitzel	Savoury Mince & Vegetables	Crumbed Fish	Chicken Scallopini	Sausages w/Gravy	Salmon Patties	Roast Pork
Sandwich	Ham, Cheese & Tomato Relish	Chicken & Mayonnaise	Silverside, Cheese & Pickle	Egg & Mayonaise	Roast Chicken & Bacon	Chicken & Cheese	Silverside, Cheese & Pickle
Main Meal	Beef Pie with Mash & Veg	Crumbed Lamb Patties	Sausages & Gravy	Shepherds Pie	Roast Chicken w/gravy	Beef Rissoles w/gravy	Roast Pork with Apple Sauce
Main Meal	Mustard Lemon Rosemary Chicken	Savoury Mince & Vegetables	Chicken Schnitzel	Chicken Scallopini	Sausages w/Gravy	Salmon Patties	Beef Lasagne
Main Meal	Spinach Pie	Crumbed Vegetable Patties	Spinach & Cheese Risotto	Vegetarian Cottage Pie	Macaroni Cheese	Spinach & Cheese Risotto	Crumbed Vegetable Patties
Dessert	Apple & Rhubarb Crumble	Lemon Drizzle Cake	Bread & Butter Pudding	Sticky Date w/caramel sauce	Blueberry Sponge Crumbe	Baked Rice Pudding	Creamed Rice & Fruit Blend
Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
Fruit & Custard	Stewed Apple & Custard	Peaches & Custard	Stewed Apple & Custard	Peaches & Custard	Stewed Apple & Custard	Peaches & Custard	Stewed Apple & Custard
Soup	Pumpkin Soup	Chicken & Vegetable Soup	Minestrone Soup	Potato & Leek Soup	Pea & Ham Soup	Beef & Barley	Chicken & Sweet Corn Soup
Omelette	Ham & Cheese	Fetta & Spinach	Ham & Cheese	Fetta & Spinach	Ham & Cheese	Fetta & Spinach	Ham & Cheese
Muffin	Choc Chip	Blueberry	Choc Chip	Blueberry	Choc Chip	Blueberry	Choc Chip



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mini Meal	Spaghetti Bolognese	Roast Chicken	Roast Lamb	Corned Silverside	Roast Beef	Savoury Mince & Veg	Chicken Schnitzel
Sandwich	Ham, Cheese & Tomato Relish	Chicken & Mayonnalse	Silverside, Cheese & Pickle	Egg & Mayonaise	Roast Beef & Cheese	Chicken & Cheese	Silverside, Cheese & Pickle
Main Meal	Roast Lamb	Shepherds Pie	Crumbed Fish	Corned Silverside	Barramundi w/ Lemon Sauce	Sweet & Sour Pork	Beef Lasagne
Main Meal	Chicken Pamigiana	Chicken Cacciatore	Beef Stroganoff	Beef Rissoles	Roast Beef	Savoury Mince & Veg	Chicken Schnitzel
Main Meal	Spinach & Cheee Risotto	Vegetarian Cottage Pie	Crumbed Vegetable Patties	Macaroni Cheese	Spinach & Ricotta Cannelloni	Crumbed Vegetable Patties	Spinach Pie
Dessert	Baked Rice Pudding	Blueberry Sponge Crumbe	Sticky Date w/Caramel Sauce	Banana Cake	Creamed Rice & Fruit Blend	Apple & Rhubarb Crumble	Trifle
Fruit	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
Fruit & Custard	Peaches & Custard	Stewed Apple & Custard	Peaches & Custard	Stewed Apple & Custard	Peaches & Custard	Stewed Apple & Custard	Peaches & Custard
Soup	Beef & Barley	Minestrone Soup	Chicken & Sweet Corn Soup	Pea & Ham Soup	Chicken & Vegetable Soup	Pumpkin Soup	Pea & Ham Soup
Omelette	Fetta & Spinach	Ham & Cheese	Fetta & Spinach	Ham & Cheese	Fetta & Spinach	Ham & Cheese	Fetta & Spinach
Muffin	Blueberry	Choc Chip	Blueberry	Choc Chip	Blueberry	Choc Chip	Blueberry



Meals on Wheels
Northern Illawarra

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mini Meal	Roast Chicken	Meat Pie	Roast Pork	Crumbed Fish	Spaghetti Bolognese	Cottage Pie	Beef Casserole
Sandwich	Ham, Cheese & Tomato Relish	Chicken & Mayonnaise	Silverside, Cheese & Pickle	Egg & Mayonaise	Roast Beef & Cheese	Chicken & Cheese	Silverside, Cheese & Pickle
Main Meal	Beef Rissoles w/gravy	Beef Pie with Mash & Veg	Roast Pork	Roast Beef	Roast Chicken	Shepherds Pie	Beef Pie with Mash & Veg
Main Meal	Chicken Scallopini	Corned Silverside	Sausages w/gravy	Crumbed Fish	Salmon Patties	Beef Lasagne	Sweet & Sour Pork
Main Meal	Crumbed Vegetable Patties	Vegetarian Cottage Pie	Spinach & Cheese Risotto	Macaroni Cheese	Spinach & Ricotta Cannelloni	Crumbed Vegetable Patties	Spinach Pie
Dessert	Banana Cake	Creamed Rice & Fruit Blend	Baked Rice Pudding	Apple & Rhubarb Crumble	Trifle	Blueberry Sponge Crumble	Bread & Butter Pudding
Fruit	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
Fruit & Custard	Peaches & Custard	Stewed Apple & Custard	Peaches & Custard	Stewed Apple & Custard	Peaches & Custard	Stewed Apple & Custard	Peaches & Custard
Soup	Chicken & Vegetable	Minestrone Soup	Pea & Ham Soup	Pumpkin Soup	Beef & Barley	Potato & Leek Soup	Minestrone Soup
Omelette	Fetta & Spinach	Ham & Cheese	Fetta & Spinach	Ham & Cheese	Fetta & Spinach	Ham & Cheese	Fetta & Spinach
Muffin	Choc Chip	Blueberry	Choc Chip	Blueberry	Choc Chip	Blueberry	Choc Chip



WEEK4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mini Meal	Roast Chicken	Sausages & gravy	Chicken Scallopini	Savoury Mince & Veg	Salmon Patties	Sweet & Sour Pork	Spaghetti Bolognese
Sandwich	Ham, Cheese & Tomato Relish	Chicken & Mayonnaise	Silverside, Cheese & Pickel	Egg & Mayonaise	Roast Beef & Cheese	Chicken & Cheese	Silverside, Cheese & Pickle
Main Meal	Chicken Cacciatore	Crumbed Fish	Sausages & Gravy	Chicken Schnitzel	Salmon Patties	Beef Lasagne	Roast Beef
Main Meal	Shepherds Pie	Savoury Mince & Veg	Corned Silverside	Roast Pork	Roast Chicken	Beef Pie with Mash and Gravy	Chicken Scallopini
Main Meal	Spinach Pie	Vegetarian Cottage Pie	Macaroni Cheese	Spinach Pie	Vegetable Crumbed Patties	Spinach & Cheese Risotto	Spinach Pie
Dessert	Trifle	Creamed Rice w/Fruit Blend	Blueberry Sponge Crumble & Custard	Sticky Date w/Caramel Sauce	Apple & Rhubarb Crumble	Bread & Butter Pudding	Lemon Drizzle Cake
Fruit	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
Fruit & Custard	Stewed Apple & Custard	Peaches & Custard	Stewed Apple & Custard	Peaches & Custard	Stewed Apple & Custard	Peaches & Custard	Stewed Apple & Custard
Soup	Pea & Ham Soup	Beef & Barley	Potato & Leek Soup	Minestrone Soup	Chicken & Vegetable Soup	Thick Vegetable Soup	Potato & Leek Soup
Omelette	Ham & Cheese	Spinach & Fetta	Ham & Cheese	Spinach & Fetta	Ham & Cheese	Spinach & Fetta	Ham & Cheese
Snack	Blueberry	Choc Chip	Blueberry	Choc Chip	Blueberry	Choc Chip	Blueberry