



Meals on Wheels  
Griffith



ST VINCENT'S  
PRIVATE COMMUNITY  
HOSPITAL  
GRIFFITH

## HOT/COLD MEAL MENU July 2024- Delivered 7 days a Week

<b>NAME:</b>	<b>DATE OF BIRTH:</b>
<b>ADDRESS:</b>	<b>GENDER:</b>

**This is a 2 week rotating menu.**

**There are 3 Main Meal choices offered daily as well as a Main Salad or Sandwiches (NB: These are also available as additional meals)**

**You must choose your Main Meal for the day from the meals listed, the Main Salad or Sandwiches (Please circle your choice or choices).**

**You must choose ONE starch per day (Please circle your choice).**

**Vegetables are included with all Main Meals (Please circle)**

**Meals are Halal Certified. Gluten Free and Diabetic Friendly Options Available. Please see staff.**

**My current type of diet is: (Please circle the appropriate one/s)**

**FULL / VEGETARIAN/ CUT UP / PUREED / MINCED/ OTHER**

**ANY ALLERGIES TO FOODS? YES/NO WHAT ARE THEY? .....**

**DAYS REQUIRED: MON TUES WED THURS FRI SAT SUN (Please circle choice)**

**SOUP - HOT OR COLD (Please circle your choice)**

**MEALS REQUIRED: SOUP/BREAD ROLL (\$3.50) MAIN MEAL (\$9.50) SWEET (\$4.50) SANDWICH (\$5.00) SALAD (\$9.50)**

## PRIVATE WEEK 1 – LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soup</b>	Creamy Pumpkin w bread roll	Cauliflower and Broccoli w bread roll	Tomato and Basil w bread roll	Carrot, lentil and orange w bread roll	Creamy Mushroom w bread roll	Creamy Pumpkin w bread roll	Tomato and Basil w bread roll
<b>Main 1</b>	Curried Sausages	Chicken Cacciatore	Roast Lamb and Gravy	Braised Steak & Diane Sauce	Chicken Breast Schnitzel and Gravy	Meat Pie with Tomato Sauce	Fish with Lemon Wedge
<b>Main 2</b>	Corned Silverside	Grill Fish with Fennel and Dill Sauce	Sweet & Sour Chicken	Satay Chicken	Oven Bake Crumbed Fish	Shepherd's Pie	Roast Beef and Gravy
<b>Main 3</b>	Vegetable Pattie with fresh Tomato sauce	Red Lentil Cottage Pie	Spinach and Ricotta Frittata	Penne Napolitano	Vegetable Pattie with fresh Tomato sauce	Macaroni Cheese	Mild Chickpea and Vegetable Curry
<b>Starch</b>	Mashed Potato or Rice	Mashed Potato or Rice	Mash Potato or Rice	Steamed Parsley Potato or Rice	Steamed Parsley Potato Or Rice	Roast Pumpkin Or Rice	Mash Potato Or Rice
<b>Vegetables</b>	Sliced Carrots/Broccoli	Cauliflower/Broccoli	Roast Pumpkin/Peas	Steamed Carrots/Zucchini	Roast Pumpkin/Beans	Sliced Carrots and broccoli	Cauliflower /Peas
<b>Main Salad</b>	Chicken, Avocado and Parmesan cheese	Roast Beef With French Dressing	Thai Beef Noodle	Chicken Caesar	Corned Beef Salad with French dressing	Moroccan Beef & Israeli Couscous	Garden Salad with Ham
<b>Sandwich</b>	Ham & Cream Cheese	Egg & Mayo	Corn beef, tomato and Pickles	Chicken, Tomato Mayo and lettuce	Ham, Cheese & Tomato	Turkey & Cranberry	Ham and Cream Cheese
<b>Dessert</b>	Lamington fingers	Panna-cotta with berry coulis	Jelly and Custard	Tropical Fruit Salad	Apple Crumble Slice with Custard	Tiramisu	Chocolate mousse

## PRIVATE WEEK 2 – LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soup</b>	Cauliflower & Broccoli w bread roll	Carrot, Lentil and Orange w bread roll	Creamy Pumpkin w bread roll	Creamy Mushroom w bread roll	Carrot, lentil and orange w bread roll	Creamy Pumpkin w bread roll	Tomato and basil w bread roll
<b>Main 1</b>	Grilled Sausage and Gravy	Grilled Chicken with Mushroom sauce	Chicken Rissoles and Gravy	Lasagne With Side Salad	Chicken Schnitzel and Gravy	Beef Stroganoff	Roast Beef and Gravy
<b>Main 2</b>	Spanish Lamb Casserole	Barramundi and Tomato sauce	Moroccan Beef Curry	Meat Pie with Tomato sauce	Oven Bake Crumbed Fish	Shepherd's pie	Fish with lemon wedge
<b>Main 3</b>	Spinach and Ricotta Frittata	Eggplant and Spinach bake	Mushroom Macaroni Cheese	Vegetarian Rogan Josh	Vegetable Pattie with fresh Tomato sauce	Tuscan Macaroni Cheese	Mild Chickpea and Vegetable Curry
<b>Starch</b>	Mash Potato or Rice	Steamed Parsley Potato or Rice	Mash Potato or Rice	Mash Potato or Rice	Steamed Parsley Potato or Rice	Roast Pumpkin or Rice	Mashed Potato or Rice
<b>Vegetables</b>	Corn and Peas	Broccoli/Cauliflower	Beans and Carrots	Peas	Roast Pumpkin/Beans	Sliced Carrots/Green Beans	Broccoli/Steam Pumpkin
<b>Main Salad</b>	Roast Beef With French Dressing	Chicken, Avocado and Parmesan cheese	Garden salad with ham and French dressing	Moroccan Beef & Israeli Couscous	Corned Beef Salad with French dressing	Thai Beef Noodle	Roast Beef With French Dressing
<b>Sandwich</b>	Turkey & Cranberry	Egg & Mayo	Chicken, Tomato, Mayo & Lettuce	Ham and Cream Cheese	Corned Beef, Tomato and Pickles	Egg & mayo	Ham, Cheese & Tomato
<b>Dessert</b>	Peaches and Custard	Chocolate mousse	Lamington fingers	Jelly and Custard	Panna-cotta with berry coulis	Carrot cake	Apple Crumble and Custard