



Meals on Wheels
Griffith



ST VINCENT'S
PRIVATE COMMUNITY
HOSPITAL
GRIFFITH

HOT/COLD MEAL MENU - CHSP

November 2025- Delivered 7 days a Week

NAME:	DATE OF BIRTH:
ADDRESS:	GENDER:

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)

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
Soup	Creamy Pumpkin (GF) w bread roll	Cauliflower and Broccoli (GF) w bread roll	Tomato and Basil (GF) w bread roll	Carrot, lentil and orange w bread roll	Creamy Mushroom (GF) w bread roll	Creamy Pumpkin (GF)w bread roll	Tomato and Basil (GF)w bread roll
Main 1	Curried Sausages (GF)	Baked Chicken & Mushroom Gravy (GF)	Roast Lamb and Gravy (GF)	Roast Pork and Gravy (GF)	Chicken Breast Schnitzel and Gravy	Meat Pie with Tomato Sauce	Fish with Lemon Wedge (GF)
Main 2	Corned Silverside with White Parsley Sauce	Fish with Lemon Wedge (GF)	Chicken Sausages with Gravy (GF)	Chicken & Veg Casserole (GF)	Oven Bake Crumbed Fish	Shepherd's Pie (GF)	Roast Beef and Gravy (GF)
Main 3	Vegetable Pattie with fresh Tomato sauce	Vegetable Quiche (GF)	Spinach and Ricotta Frittata	Penne Napolitano	Stir Fry Vegetables	Vegetable Patty with Fresh Tomato Sauce	Mild Chickpea and Vegetable Curry (GF)
Starch	Mash Potato or Rice	Mash Potato or Rice	Mash Potato or Rice	Mash Potato or Rice	Mash Potato Or Rice	Roast Pumpkin Or Rice	Mash Potato Or Rice
Vegetables	Steamed Carrots/Broccoli	Cauliflower/Broccoli	Steamed Pumpkin/Peas	Steamed Carrots/Zucchini	Steamed Pumpkin/Beans	Steamed Carrots and broccoli	Cauliflower /Peas
Main Salad	Ham & Garden Salad with French Dressing	Roast Beef Garden Salad With French Dressing	Chicken, Avocado & Parmesan Salad	Chicken Caesar	Corned Beef Garden Salad with French dressing	Roast Beef Garden Salad With French Dressing	Ham & Garden Salad with French Dressing
Sandwich (GF) bread Avail	Ham & Cream Cheese	Egg & Mayo	Chicken, Tomato and Lettuce	Corn Beef, Tomato and Pickles	Ham, Cheese & Tomato	Turkey & Cranberry	Ham and Cream Cheese
Dessert	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
Soup	Cauliflower & Broccoli (GF) w bread roll	Carrot, Lentil and Orange w bread roll	Creamy Pumpkin (GF) w bread roll	Creamy Mushroom (GF) w bread roll	Carrot, lentil and orange w bread roll	Creamy Pumpkin (GF) w bread roll	Tomato and basil (GF) w bread roll
Main 1	Grilled Sausage and Gravy (GF)	Chicken Schnitzel with Gravy	Chicken Rissoles and Gravy	Lasagne With Side Salad	Meat Pie with Sauce	Beef Stroganoff (GF)	Roast Beef and Gravy (GF)
Main 2	Capsicum & Lamb Hot Pot (GF)	Barramundi and Tomato sauce (GF)	Meatloaf with Gravy	Pork Sausages (GF)	Oven Bake Crumbed Fish	Fish with Lemon Wedge (GF)	Shepherds Pie (GF)
Main 3	Spinach and Ricotta Frittata	Penne Napolitano	Vegetable Quiche (GF)	Spinach and Ricotta Frittata	Vegetable patty and fresh tomato sauce	Vegetable Quiche (GF)	Mild Chickpea and Vegetable Curry (GF)
Starch	Mash Potato or Rice	Mash Potato or Rice	Mash Potato or Rice	Mash Potato or Rice	Mash Potato or Rice	Roast Pumpkin or Rice	Mash Potato or Rice
Vegetables	Corn and Peas	Broccoli/Cauliflower	Beans and Carrots	Peas	Roast Pumpkin/Beans	Sliced Carrots/Green Beans	Broccoli/Steam Pumpkin
Main Salad	Roast Beef Garden Salad With French Dressing	Chicken, Avocado and Parmesan cheese	Ham & Garden Salad with French Dressing	Chicken, Avocado and Parmesan cheese	Corned Beef Gardeb Salad with French dressing	Ham & Garden Salad with French Dressing	Roast Beef Garden Salad With French Dressing
Sandwich (GF) bread Avail	Turkey & Cranberry	Egg & Mayo	Ham & Cream Cheese	Chicken, Tomato, Mayo & Lettuce	Corned Beef, Tomato and Pickles	Egg & mayo	Ham, Cheese & Tomato
Dessert	Peaches and Custard	Chocolate mousse	Lamington fingers	Jelly and Custard	Panna-cotta with berry coulis	Carrot cake	Apple Crumble and Custard