Meals on Wheels™
Griffith

More than just a meal

Supporting independence, health and community

Hot MENU

Nutritious
Delicious
Convenient

FRESHLY PREPARED MEALS
DELIVERED WITH CARE



Good food brighter days

Celebrating Choice, Culture & Community

At Griffith Meals on Wheels, we recognise that food is an important part of culture, faith, family and identity.
We aim to provide meals that respect our clients' individual dietary, cultural and religious preferences.
If you have particular cultural, religious, dietary or texture-modified meal requirements, please speak with our team. We will work with you to identify suitable meal choices.

Menu Key:
V Vegetarian | VG Vegan | GF Gluten Free | DF Dairy Free | NP No Pork | TM Texture Modified | HP High Protein | HE High Energy
FF Finger Food

Please advise Griffith Meals on Wheels of any food allergies, intolerances or specialised dietary requirements.

More than just a meal™

Griffith Meals on Wheels acknowledges the Traditional Custodians of the lands on which we live, work and deliver our services. We pay our respects to Elders past and present and recognise the continuing connection of Aboriginal and Torres Strait Islander peoples to Country, culture, family and community.

*Date of Menu Change:*_____

*Client Name:*_____

Please list any allergies:

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This is a two week rotating menu.

There are 3 choices of meals per day, including 1 vegetarian option

Dietary requirements:

- ☐ *I am a Diabetic*
- ☐ *I require a Level 4 Pureed Diet*
- ☐ *I require a Level 5 Minced and Moist Diet*
- ☐ *I require a Level 6 Soft & Bite Sized Diet*
- ☐ *I am a Vegetarian*

Our Price List

Meal	CHSP Pricing	SAH Client Contribution
Soup & Bread Roll	$5.50	$1.65
Hot Main includes Starch (potato or Rice) and Vegetables	$10.50	$3.15
Main Salad 100g Protein includes Egg	$10.50	$3.15
Side Salad	$5.50	$1.65
Sandwich	$6.00	$1.80
Dessert	$5.50	$1.65
Fresh Fruit	$1.20	$0.35
Yogurt - 100g	$2.00	$0.60
Milk	$3.00	$0.90
Juice	$2.50	$0.75
Cheese & Crackers	$2.00	$0.60

Week 1- Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Creamy Pumpkin (GF) (HE, HP) 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) (HE, HP) w bread roll	Creamy Pumpkin (GF) (HE, HP) w bread roll	Tomato and Basil (GF) w bread roll
Main 1	Curried Sausages (HE)	Roast Lamb & Gravy (GF) (HE, HP)	Corned Silverside with White Parsley Sauce (HP)	Baked Chicken with Mushroom Gravy (GF) (HE, HP)	Roast Pork with Gravy (GF) (HE, HP)	Meat Pie with Tomato Sauce (HE, HP)	Fish with Lemon Wedge (GF) (HP)
Main 2	Oven Baked Crumbed Fish with Tartare Sauce	Apricot Chicken	Chicken Sausages with Gravy (GF)	Shepherds Pie (GF) (HE, HP)	Oven Bake Crumbed Fish with Tartare Sauce	Chicken Breast Schnitzel & Gravy	Roast Beef and Gravy (GF) (HE, HP)
Main 3 (Vegetarian)	Vegetable Quiche (GF)	Penne Napolitano (HE, HP)	Zucchini Slice	Spinach & Ricotta Fritatta (HP)	Stir Fry Vegetables	Vegetable Quiche (GF)	Vegetable Patty w Fresh Tomato Sauce
Includes choice of Starch	Mash Potato or Rice	Mash Sweet Potato or Rice	Mash Potato or Rice	Mash Pumpkin or Rice	Mash Potato Or Rice	Steamed Pumpkin Or Rice	Mash Potato Or Rice
Includes Vegetables	Steamed Carrots and Broccoli	Steamed Beans and Zucchini	Steamed Pumpkin and Corn	Steamed Broccoli and Cauliflower	Corn & Peas	Steamed Carrots and Broccoli	Steamed Carrots and Broccoli
Main Salad (meat 100g per serve) all salads include an egg	Corned Beef Garden Salad with French Dressing	Chicken, Avocado and Parmesan Cheese Salad	Ham & Garden Salad with French Dressing	Chicken & Garden Salad with French Dressing	Roast Beef Garden Salad with French Dressing (HP)	Corned Beef Garden Salad With French Dressing	Ham & Garden Salad with French Dressing

Week 1- Lunch

Additional Items	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Side Salad (in addition to meal)	Side Salad (in addition to meal)	Side Salad (in addition to meal)	Side Salad (in addition to meal)	Side Salad (in addition to meal)	Side Salad (in addition to meal)	Side Salad (in addition to meal)	Side Salad (in addition to meal)
Sandwich **Gluten Free,White, Wholemeal, Multigrain**	Ham, Cream Cheese & Lettuce	Turkey and Cranberry	Egg, Lettuce & Mayo	Corn Beef, Tomato, Lettuce and Pickles	Chicken, Tomato, Mayo & Lettuce	Ham, Cheese, Tomato & Mayo	Egg, Lettuce & Mayo
Cheese & Crackers	Cheese & Crackers	Cheese & Crackers	Cheese & Crackers	Cheese & Crackers	Cheese & Crackers	Cheese & Crackers	Cheese & Crackers
Dessert	Lamington Fingers	Apple Crumble with Custard (HE, HP)	Tiramisu (HE, HP)	Pannacotta (HE)	Jelly & Custard	Carrot Cake	Peaches & Custard
Juice	Apple, Orange, Apple & Blackcurrant	Apple, Orange, Apple & Blackcurrant	Apple, Orange, Apple & Blackcurrant	Apple, Orange, Apple & Blackcurrant	Apple, Orange, Apple & Blackcurrant	Apple, Orange, Apple & Blackcurrant	Apple, Orange, Apple & Blackcurrant
Fresh Fruit	Apple, Orange, Banana	Apple, Orange, Banana	Apple, Orange, Banana	Apple, Orange, Banana	Apple, Orange, Banana	Apple, Orange, Banana	Apple, Orange, Banana
Yogurt 100g Pack	Mango, Vanilla, Strawberry	Mango, Vanilla, Strawberry	Mango, Vanilla, Strawberry	Mango, Vanilla, Strawberry	Mango, Vanilla, Strawberry	Mango, Vanilla, Strawberry	Mango, Vanilla, Strawberry
Milk	Chocolate, Strawberry, UHT Full Cream	Chocolate, Strawberry, UHT Full Cream	Chocolate, Strawberry, UHT Full Cream	Chocolate, Strawberry, UHT Full Cream	Chocolate, Strawberry, UHT Full Cream	Chocolate, Strawberry, UHT Full Cream	Chocolate, Strawberry, UHT Full Cream

Week 2- Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Creamy Pumpkin (GF) (HE, HP) w bread roll	Tomato and Basil (GF) w bread roll	Carrot, Lentil and Orange w bread roll	Creamy Mushroom (GF) (HE, HP) w bread roll	Creamy Pumpkin (GF) (HE, HP) w bread roll	Tomato and Basil (GF) w bread roll	Cauliflower and Broccoli (GF) w bread roll
Main 1	Grilled Beef Sausage and Gravy (HE)	Capsicum & Lamb Hot Pot (GF)	Meatballs with Gravy	Lasagne With Side Salad (HE, HP)	Meat Pie with Sauce (HE, HP)	Shepherds Pie (GF) (HE, HP)	Beef Stroganoff
Main 2	Oven Baked Crumbed Fish with Tartare Sauce	Roast Pork & Gravy (GF) (HE, HP)	Chicken Rissoles with Gravy (HE, HP)	Meatloaf with Gravy	Oven Bake Crumbed Fish with Tartare Sauce	Barramundi with Tomato Sauce (GF)	Roast Beef & Gravy (GF) (HE, HP)
Main 3 (Vegetarian)	Spinach and Ricotta Frittata	Vegetable Quiche (GF)	Zucchini Slice	Penne Napolitano (HE, HP)	Spinach & Ricotta Frittata (HP)	Vegetable Patty w Fresh Tomato Sauce	Vegetable Quiche (GF)
Includes choice of Starch	Mash Potato or Rice	Mash Sweet Potato or Rice	Mash Potato or Rice	Steamed Pumpkin or Rice	Mash Potato or Rice	Steamed Pumpkin or Rice	Mash Potato or Rice
Includes Vegetables	Steamed Broccoli & Carrots	Steamed Zucchini & Corn	Steamed Peas and Carrots	Steamed Broccoli & Cauliflower	Steamed Corn & Zucchini	Steamed Beans & Cauliflower	Steamed Carrots & Peas
Main Salad (meat 100g per serve) includes an egg	Ham with Garden Salad With French Dressing	Chicken & Garden Salad with French Dressing	Corned Beef Garden Salad with French dressing	Chicken, Avocado and Parmesan Cheese	Roast Beef Garden Salad with French Dressing (HP)	Corned Beef & Garden Salad with French Dressing	Roast Beef Garden Salad With French Dressing (HP)

Week 2- Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Side Salad (in addition to meal)	Side Salad (in addition to meal)	Side Salad (in addition to meal)	Side Salad (in addition to meal)	Side Salad (in addition to meal)	Side Salad (in addition to meal)	Side Salad (in addition to meal)	Side Salad (in addition to meal)
Sandwich **Gluten Free White Wholemeal Multigrain**	Corned Beef, Tomato, Lettuce and Pickles	Egg, Lettuce & Mayo	Chicken, Tomato Lettuce, Mayo	Turkey & Cranberry	Ham, Cream Cheese & Lettuce	Egg, Lettuce & Mayo	Ham, Cheese, Tomato & Mayo
Cheese & Crackers	Cheese & Crackers	Cheese & Crackers	Cheese & Crackers	Cheese & Crackers	Cheese & Crackers	Cheese & Crackers	Cheese & Crackers
Dessert	Peaches and Custard	Lamington Fingers	Pannacotta (HE)	Danish & Custard	Fruit Salad	Jelly & Custard	Apple Crumble and Custard (HE, HP)
Juice	Apple, Orange, Apple & Blackcurrant	Apple, Orange, Apple & Blackcurrant	Apple, Orange, Apple & Blackcurrant	Apple, Orange, Apple & Blackcurrant	Apple, Orange, Apple & Blackcurrant	Apple, Orange, Apple & Blackcurrant	Apple, Orange, Apple & Blackcurrant
Fresh Fruit	Apple, Orange, Banana	Apple, Orange, Banana	Apple, Orange, Banana	Apple, Orange, Banana	Apple, Orange, Banana	Apple, Orange, Banana	Apple, Orange, Banana
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Milk	Chocolate, Strawberry, UHT Full Cream	Chocolate, Strawberry, UHT Full Cream	Chocolate, Strawberry, UHT Full Cream	Chocolate, Strawberry, UHT Full Cream	Chocolate, Strawberry, UHT Full Cream	Chocolate, Strawberry, UHT Full Cream	Chocolate, Strawberry, UHT Full Cream

Meals proudly supplied by

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Our Suppliers

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