



Meals on Wheels
Ku-ring-gai & Hornsby

Fresh meals menu –
restarts every 4 weeks



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Lamb casserole w' potatoes & steamed vegetables GF DF	Green curry of chicken w' steamed rice and seasonal vegetables	Pork Stroganoff w' pasta & steamed vegetables	Roast beef w' gravy, roast vegetable medley & seasonal greens GF DF	Herb crusted fish w' garlic, potatoes, steamed seasonal vegetables DF
WEEK 2	Thai pork stir fry w' jasmine rice & steamed vegetables DF	Chicken fillets w' mustard & tarragon sauce, roasted chat potatoes & steamed vegetables	Honey & lemon chicken stir fry w' steamed rice & vegetables DF	Roast pork w' apple sauce, gravy, roast vegetable medley, seasonal greens GF DF	Coconut fish curry w' steamed basmati rice, steamed vegetables DF
WEEK 3	Beef rissoles w' gravy, mashed potato & steamed vegetables	Shepherds pie w' steamed vegetables GF	Lamb sausage curry w' steamed rice & vegetable DF	Roast lamb w' mint, jelly, gravy, roast vegetable medley & seasonal greens GF DF	Pink salmon & barramundi pie, mashed potato & steamed vegetables
WEEK 4	Chicken & mushroom pie w' potatoes & steamed vegetables	Pork sausages w' gravy, mashed potato and steamed vegetables GF	Hearty Irish stew w' boiled potatoes & steamed vegetable medley GF DF	Roast chicken w' light gravy, roast vegetable medley & seasonal greens GF DF	Fish puttanesca w' macaroni & steamed vegetables DF

GF = Gluten free **DF** = Dairy free