

Just a few of the typical main meals that could be available from Meals on Wheels over the course of a month...



Each weekday, as well as a friendly smile, our volunteers deliver nourishing three course meals to the door. Here's a typical main meal menu plan. Of course there's always a soup and dessert too!

<p>Chicken & Broccoli Bake Served with sauté potato, baby beans, corn & carrots</p>	<p>Roast Lamb with Mint Jelly Served with carrot, broccoli & cauliflower</p>	<p>Pork & Plum Casserole Served with rice, carrot, baby corn, broccoli, capsicum & sugar snap peas</p>	<p>Beef Stroganoff Served with macaroni, steamed pumpkin & green and yellow beans</p>	<p>Tuna Mornay Served with sauté potato, sweet corn & broccoli</p>
<p>Chilli Con Carne Served with rice, cauliflower, carrot & broccoli</p>	<p>Roast Turkey Served with roast potato, whole beans & roast halved carrots</p>	<p>Crumbed Fish with Tartare Sauce Served with potato wedges, peas & roast pumpkin</p>	<p>Chicken Stir-Fry Served with rice, broccoli, carrot & cauliflower</p>	<p>Pork Sausages Served with mashed potato, sliced beans & baked tomato</p>
<p>Pork Stir-Fry Served with sauté potato, baby beans, corn & carrots</p>	<p>Tangy Meatloaf with B.B.Q. Glaze Served with carrot, broccoli & cauliflower</p>	<p>Roast Chicken with Stuffing Served with rice, carrot, baby corn, broccoli, capsicum & sugar snap peas</p>	<p>Tuna Patties with Tomato Relish Served with potato wedges, green & yellow beans, carrot sticks and red capsicums</p>	<p>Salmon & Potato Pie Served with sliced beans & sweetcorn</p>
<p>Roast Pork Served with roast potato, steamed potato, peas & roast halved carrots</p>	<p>Beef Chow Mien Served rice & stir-fry vegetables</p>	<p>Cottage Pie (Potato topped) Served with carrots & beans</p>	<p>Chicken Cacciatore Served with rice carrot sticks, yellow and green beans & red Capsicums (Contains Mushrooms)</p>	<p>Corned Silverside with Mustard Sauce Served with steamed baby potatoes, sautéed cabbage & steamed carrots</p>
				

Our three course meals will vary from branch to branch as we allow our "cooks of the day" the flexibility to choose nourishing meals from a range of recipes. Our branches would typically have, at a minimum, a four weekly rotating menu. At March 2014