

Welcome To Your Autumn Menu

This is your personal copy to keep and refer to.

We are delighted to share the new Autumn Meals on Wheels SA Menu, Starting Monday, 9th March 2026 through to Friday, 29th May 2026.



Public Holidays

There will be **no deliveries** on the below Public Holidays.

If you like you can order a delicious frozen meal in advance by contacting your branch.

Monday 9th March - Adelaide Cup

Friday 3rd April - Good Friday

Monday 6th April - Easter Monday

Your menu runs on a 4-week rotating cycle and changes with the seasons, bringing you the best of fresh, seasonal and local ingredients. Each day features our Signature 3-Course Meal — a set soup and dessert, plus your choice of two delicious main meals.

How it works

Once you have selected your meals, your choices will continue each week without the need to reorder. We encourage you to jot down your choices on this copy of the menu, so you have them handy.

Of course, you can change your selections if you decide you want to try the other main meal. To change your order, call us at the branch and we will take care of it.

We prepare meals fresh daily and there may occasionally be a change to the planned dish if ingredients don't meet our high standards. Rest assured, we always prioritise quality and taste.

These improvements are based on feedback from customers like you, as part of our ongoing commitment to providing a personalised and enjoyable meal experience. We would love to hear your thoughts. Please tell us what you like, and what you would like to see in the future. Visit www.mealsonwheelssa.org.au or call us on **1800 854 453** to share your feedback.

Happy eating — we hope you enjoy every bite!

Your dedicated team at Meals on Wheels



WEEK 1

MONDAY

9 March (Adelaide Cup)
6 April (Easter Monday)
4 May

TUESDAY

10 March
7 April
5 May

WEDNESDAY

11 March
8 April
6 May

THURSDAY

12 March
9 April
7 May

FRIDAY

13 March
10 April
8 May

SOUP

Chicken Noodle

A comforting, classic soup featuring a flavourful broth with tender pieces of chicken, vegetables and noodles.

Sweetcorn & Vegetable

This restaurant-style sweet corn & vegetable soup is flavoursome, colourful and tasty. This is a delightful starter for today's meal!

Cream of Cauliflower & Leek

A silky textured soup made with sautéed onions, leeks and fresh cauliflower, finished with cream.

Tomato and Vegetable

Our Tomato Vegetable Soup has a dense homestyle tomato flavour combined with lots of fresh, healthy vegetables.

Potato, Cheese & Chives

This potato, chive, and cheese soup is rich and creamy, and flavoured by the delicate taste of chives and tasty cheese.

MAIN COURSE (YOUR CHOICE)

Crumbed Fish

Lightly crumbed fillet of fish & tartare sauce. Served with rustic potato wedges, carrots & beans.

Roast Beef

Traditional roasted beef served with peas, roast potatoes, roast pumpkin and rich gravy.

Honey Mustard Pork Casserole

Tender diced pork pieces slowly cooked in a creamy honey mustard sauce. Served with mashed potato, carrots & broccoli.

Chicken & Leek Bake

Creamy chicken & leek bake. Served with steamed potatoes, peas & sweetcorn.

Creamy Dijon Beef Steak

Tender beef steak slowly cooked in a dijon mustard and heavy cream sauce. Served with sauté potato, broccoli & carrot rings.

OR

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Beef Diane Casserole

Diced Beef casserole in a mild creamy dijon mustard sauce. Served with mashed sweet potato, broccoli, carrot, cauliflower, beans & capsicum.

Sweet and Sour Chicken

Succulent pieces of chicken coated in a sweet and savoury sauce. Served with rice, broccoli, carrot, capsicum, sugar snap peas and baby corn.

Vegetarian Lasagna

Layers of pasta loaded with fresh vegetables, lentils & tomato sauce, topped with a creamy cheese sauce, oven baked & served with whole baby beans.

Lemon Oregano Pork Steak

Tender pork steak cooked with maple syrup, garlic, oregano and lemon juice. Served with potato mash, steamed red cabbage & Brussels sprouts.

Steamed Fish with Parsley Sauce

A gently steamed fillet of fish topped with parsley sauce. Served with mashed sweet potato, roast zucchini, green & yellow beans.

DESSERT

Carrot Cake with Cream Cheese Frosting

A moist and spiced carrot cake with a smooth cream cheese frosting.

Panna Cotta and Apricots

A softly set cream and milk dessert with subtle sweetness. Served with apricot halves.

Chocolate Cake with Chocolate Icing

A rich chocolate caked topped with a light chocolate icing.

Peaches with Coconut Crust

Sweet soft roasted peaches with a crunchy coconut crumble which is simply divine! Served with vanilla custard.

Fruit Salad & Yoghurt

A medley of preserved fruits Served with a generous amount of creamy vanilla yoghurt.

WEEK 2

MONDAY

16 Mar
13 Apr
11 May

TUESDAY

17 Mar
14 Apr
12 May

WEDNESDAY

18 Mar
15 Apr
13 May

THURSDAY

19 Mar
16 Apr
14 May

FRIDAY

20 Mar
17 Apr
15 May

SOUP

Bacon and Chickpea

Warm, comforting and full of nutrients, this healthy Chickpea Bacon and Vegetable Soup recipe will become your favourite!

Beef & Vegetable Broth

A hearty Vegetable Beef Soup with melt-in-your-mouth slow cooked beef, potato and vegetables simmered in a herb infused savoury broth.

Cream of Sweet Potato & Pumpkin

This pumpkin and sweet potato soup is a delicious autumnal treat that's creamy, hearty, vibrant, fragrant & full of flavour.

Lentil

A hearty and nutritious soup complemented by vegetables like carrots, celery, tomatoes and onions & perfectly seasoned.

Cream of Mushroom

Cream of mushroom soup made from scratch with freshly sliced mushrooms, onion, stock & finished with fresh cream.

MAIN COURSE

Lamb and Rosemary Casserole

A hearty casserole made with chunks of lamb and root vegetables. Served with chat potato, pumpkin and peas.

Grilled Fish with Creamy Chive Sauce

Lightly floured fillet of fish and baked topped with a creamy chive sauce. Served with rustic potato wedges, broccoli & carrots.

Corned Silverside with Mustard Sauce

Corned Silverside gently poached, then sliced and topped with a mild mustard sauce. Served with mashed potatoes, red cabbage & Brussels sprouts.

Roast Chicken with Apricot stuffing

A seasoned roasted chicken thigh with an apricot stuffing. Topped with gravy Served with roast potatoes, roast pumpkin & peas.

Pork, Apple & Sage Meatballs Sage Gravy

Delicious mix of ground pork, apples & sage rolled into balls then baked topped with delicious gravy. Served with creamy mashed potatoes, carrot batons & beans.

OR

Lentil Cottage Pie Sweet Potato Top

A colourful take on classic shepherd's pie with lentils, vegetables and a fluffy sweet potato topping. Served whole baby beans.

OR

Lamb Korma

A mildly spiced sweet curry finished with coconut cream and tomato. Served with steamed rice, sweet potato, green and yellow beans.

OR

Barramundi with Lime & Sweet Chili Glaze

Gently baked fillet of barramundi glazed with sweet chilli sauce, lime juice & coriander. Served with potato wedges, broccoli, carrot, cauliflower, beans & capsicum.

OR

Beef Stroganoff

A classic dish made with lean strips of beef, mushrooms, mild Dijon mustard and finished with sour cream Served with pasta, carrots and beans.

OR

Chicken Parmigiana

Lightly crumbed breast of chicken topped with tomato concassé, finished with shredded cheese then baked Served with sauté potatoes, steamed pumpkin & broccoli.

DESSERT

Orange Marmalade Pudding

This delicious orange pudding, flavoured with orange marmalade topped with zesty marmalade sauce.

De-Constructed Peach Crumble & Custard

Lightly spiced peach with a classic crumble topping. Served with full cream custard.

Pear & Ginger Shortcake

A particularly delicious cake made with real butter, powdered and crystallised ginger, topped with sliced pears and served a pear and ginger sauce.

Two Fruits and Custard

A simple yet satisfying dessert, vanilla custard with diced peaches & pears.

Chocolate Panna Cotta with Mandarin Segments

A delicate Italian dessert made with chocolate milk and cream Served with fresh mandarin segments.

WEEK 3**MONDAY**

23 March
20 April
18 May

TUESDAY

24 March
21 April
19 May

WEDNESDAY

25 March
22 April
20 May

THURSDAY

26 March
23 April
21 May

FRIDAY

27 March
24 April
22 May

SOUP**Cream of Vegetable**

This creamy vegetable soup is made with roasted veggies and puréed until perfectly creamy and delicious.

Chicken & Vegetable

This is a comforting chicken & vegetable soup, that's simmered to perfection with tender shreds of chicken with chunks of hearty vegetables in a rich and hearty chicken broth

Pumpkin, Sour Cream & Chives

A classic, super easy pumpkin soup that's thick, creamy and dreamy, with sweet pumpkin flavour and great savoury undertones!

Cauliflower & Parmesan

This cauliflower cheese soup is delectably velvety, brimming with cauliflower florets and lots of sharp cheese in every spoonful!

Sweet Potato and Carrot Soup

A vibrant and healthy soup, often described as creamy, warming, and packed with vitamins and fibre, especially during the colder months.

MAIN COURSE**Pork Sausages with Gravy**

Locally made pork sausages served with lashings of mashed sweet potato, a rich gravy, cauliflower and glazed red cabbage.

Tuna Mornay

Tuna, mixed vegetables, boiled egg and pasta mixed with a traditional white sauce, topped with cheese and then oven baked. Served with carrots, cauliflower & broccoli.

Marinated Chicken

Chicken thigh baked with a soothing mix of honey, lemon, mixed herbs & garlic until tender & juicy. Served with steamed potato, pumpkin, green and yellow beans.

Beef Steak Pie -Pastry Top-

Tender beef stew topped with flaky short crust pastry. Served with mashed potato, corn and broccoli.

Roast Lamb

A traditional lamb roast served with roast potatoes, roast pumpkin, peas and gravy.

OR**Chicken & Asparagus Quiche**

A crust-less quiche made with succulent chicken pieces, asparagus & tasty cheese. Served with beans & roast pumpkin.

OR**Beef Goulash**

A rich beef tomato stew, flavoured with paprika and capsicum. Served with mashed potato, carrots and peas.

OR**Braised Lamb with Caramelised Onions**

Generous chunks of braised lamb cooked till tender with caramelised onions to make a warming casserole. Served with mashed sweet potato, broccoli & cauliflower.

OR**Steamed Fish with Turmeric & Coconut Sauce**

Steamed fish fillet topped with a curry style infused sauce. Served with steamed rice, broccoli, carrot, cauliflower, beans & capsicum

OR**Chicken Provencal**

Roasted Tuscan seasoned chicken topped with Mediterranean vegetables in a tomato & basil sauce then baked. Served with mashed potato & whole beans.

DESSERT**De-Constructed Apple Crumble & Custard**

Cinnamon and nutmeg spiced stewed apple, lightly toasted crumble with oats and coconut Served with vanilla custard.

Sultana Pudding & Custard

A soft and spongy sultana pudding. Served with vanilla custard.

Port Wine Jelly Vanilla Custard and Pears

Port wine flavoured jelly set with a slight wobble finished with vanilla custard and sliced pears.

Strawberry Mousse with Fruit Salad

A light fluffy strawberry mousse made with full cream milk and served with a medley of diced fruits.

Cheesecake With Mango Coulis

Made with fresh Philadelphia cream cheese and a sweet biscuit base then set. Topped with a mango coulis (sauce).

WEEK 4

MONDAY

30 March
27 April
25 May

TUESDAY

31 March
28 April
26 May

WEDNESDAY

1 April
29 April
27 May

THURSDAY

2 April
30 April
28 May

FRIDAY

3 April (Good Friday)
1 May
29 May

SOUP

Pea and Ham

Hearty, flavourful soup made with split peas, bacon pieces and vegetables like potatoes, carrots, celery, and onion then puréed until perfectly creamy and delicious.

Cream of Potato & Chives

This Cream of Potato Chive Soup is creamy, fulfilling and super tasty! The potato and chives complement each other perfectly.

Carrot, Ginger & Coconut

Creamy blended fresh carrot soup with coconut and ginger is absolutely delicious.

Broccoli & Cheese

This broccoli cheese soup recipe is SO satisfying! It's loaded with fresh broccoli and a creamy cheese mix.

Chicken & Corn

A comforting and hearty dish that combines tender chicken pieces with the sweetness of corn.

MAIN COURSE

Teriyaki Chicken

Chicken thigh piece marinated in an Asian style teriyaki sauce then oven baked. Served with roast chat potato, carrots & broccoli.

Roast Pork with Apple Gravy

A traditional pork roast served with roast potatoes, roast pumpkin, beans and apple gravy.

Beef and Vegetable Casserole

A hearty casserole made with tender chunks of beef, gently braised with fresh vegetables. Served with mashed potato, peas & carrots.

Lamb & Rosemary Sausages

Delicious lamb sausages with lashings of mashed sweet potato, cauliflower, green beans, topped with gravy.

Tuna Patties

A blend of tuna & seasonings formed into patties, coated with a crispy, crunchy crumb. Served with sauteed potatoes, broccoli, carrots and a side of mayonnaise.

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Lamb Pastitsio

This greek pasta bake made with cinnamon-infused meat sauce, layers of pasta, topped with a creamy layer of béchamel sauce. Served with broccoli, carrot, cauliflower, beans & capsicum.

Chicken Curry

Delicate aromatic mild chicken curry. Served with steamed rice, broccoli, carrot capsicum, sugar snap peas, baby corn.

Zucchini Slice

A crust-less quiche made with plentiful amount of zucchini, onions, carrots & tasty cheese. Served with buttered chat potatoes, pumpkin & broccoli.

Macaroni Cheese & Vegetable Bake

Creamy macaroni pasta bake consisting of zucchini, pumpkin pieces then baked till golden. Served with carrots, broccoli & cauliflower.

Braised Beef Steak with Red Wine Sauce

Tender beef steak cooked in a rich gravy made using a red wine reduction. Served with mashed potatoes, baby beans & steamed pumpkin.

DESSERT

Sliced Peaches and Custard

A simple yet satisfying dessert, vanilla custard topped with sliced peaches.

Lemon Curd Tart

Classic tart that's elegant and pretty as a picture, a biscuit base with lemon curd filling topped with freshly whipped cream.

Tiramisu

Layered lady sponge fingers drizzled with a rich coffee syrup covered with whipped cream and dusted with cocoa.

Hummingbird Cake with Frosting

A beautifully moist cake made with bananas and pineapple and topped with a delicious frosting.

Orange & Poppy Seed Cake w Orange Syrup

A beautiful moist cake made with fresh orange zest and poppy seeds. Served with an orange syrup.