

Name:
Run:

Date:

Menu Items			M	T	W	T	F
 SOUP (CHILLED ONLY)	CODE						
Potato & Leek Soup  	R001						
Pumpkin Soup  	R003						
Mushroom Soup  	R005						
Cream of Asparagus Soup 	R006						
Chicken & Vegetable Soup 	R007						
Farmhouse Soup  	R002						
French Onion Soup  	R004						

 DESSERT	CODE						
Fruit Salad Cup	LNE3876						
Chocolate and Raspberry Pudding	NF029						
Lemon Delicious Cake	NF042						
Apple Crumble Muffin	NF043						
Bread & Butter Pudding	NF044						
Apple Pie & Cream	R011						
Baked Passionfruit Cheesecake & Cream	R014						
Date & Pear Pudding & Custard	R024						
Mango Mousse & Cream 	R028						
Trifle	R038						



Vegetarian



Vegan



Gluten free



Dairy Free

Please return me!

Contact P: 9017 3881
E: whitehorse@mow.net.au

Menu Items			M	T	W	T	F
 MAIN	CODE						
Chicken, Apple & Walnut Salad	LNE6524						
Cobb Style Salad	LNE6516						
Chicken & Avocado Salad	LNE6517						
Chicken Schnitzel with Gravy	LNE6519						
Turkey, Cranberry & Walnut Salad	LNE6505						
Egg, Avo & Crispy Ranch Salad 	LNE6522						
Grilled Sausages with Onion Gravy and Mashed Potato	NF033						
Braised Wagyu Beef, Paris Mash, Vegetables	NF046						
Lasagne Pie with Potato Mash and Vegetables	NF050						
Roast Beef with Gravy and Vegetables	NF053						
Baked Chicken Schnitzel, Napoli, and Vegetables	NF001						
Chicken & Vegetable Pie with Potato & Roast Vegetables	NF005						
Tandoori Chicken with Vegetable Pilaf Rice	NF019						
Navarin of Lamb, Seasonal Vegetables Meals	NF051						
Roast Pork with Vegetables and Apple Gravy	NF035						
Pumpkin, Leek and Feta Quiche with Roast Vegetable & Potato 	NF011						
Beef in Black Bean Sauce with Brown Rice, Mixed Vegetables & Cauliflower 	R016						
Beef Sausages with Onion Gravy, Mash Potato, Carrots & Brussel Sprouts 	R017						
Grilled Fish w Lemon Dill Sauce, Scalloped Potato, Mixed Vegetables & Carrots 	R026						
Mild Pork Curry with Rice, Beans & Carrots 	R031						
Roast Lamb with Gravy, Mint Jelly, Roast Potatoes, Mixed Vegetables & Cauliflower 	R032						
Thai Coconut & Vegetable Curry with Pasta, Beans & Cauliflower 	R037						
Roast Turkey, Gravy, Cranberry Sauce, Roast Potatoes, Peas, Corn, Broccoli 	R085						
Chicken & Mushroom Casserole, Pasta, Beans, Carrots	R086						
Roast Vegetable Pattie, Curry Sauce, Peas, Cauliflower, Mixed Vegetables 	R087						
Pork Sausages, Tomato/Onion Sauce, Scalloped Potatoes, Beans, Carrots 	R088						
Roast Chicken, Gravy, Roast Potatoes, Beans, Carrots 	R089						
Crumbed Fish, Parsley Sauce, Rice, Peas, Pumpkin	R090						
Lamb & Vegetable Casserole, Polenta, Mixed Vegetables, Cauliflower	R091						
Pumpkin Chickpea Casserole, Polenta, Broccoli, Corn 	R092						

Choose up to 3 Delivery Days: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri (Friday includes Saturday & Sunday) Pg. 1

Name:
Run:

Date:

Menu Items			M	T	W	T	F
 SOUP (CHILLED ONLY)	CODE						
Potato & Leek Soup  	R001						
Farmhouse Soup  	R002						
Pumpkin Soup  	R003						
Mushroom Soup  	R005						
French Onion Soup  	R004						
Chicken & Vegetable Soup 	R007						
Broccoli Soup  	R008						

 DESSERT	CODE						
Fruit Salad Cup	LNE3876						
Chocolate and Raspberry Pudding	NF029						
Lemon Delicious Cake	NF042						
Apple Crumble Muffin	NF043						
Bread & Butter Pudding	NF044						
Apple & Cinnamon Tea Cake with Custard	R012						
Baked Raspberry Cheesecake & Cream	R015						
Blackforest Cake	R018						
Pancakes with Jam & Cream	R020						
Lemon Mousse & Cream 	R029						



Vegetarian



Vegan



Gluten free



Dairy Free

Please return me!

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Menu Items			M	T	W	T	F
 MAIN	CODE						
Asian Beef Salad	LNE6549						
Beef Lasagne with Vegetables	LNE6532						
Southern Chicken Tenders with Smash & Gravy	LNE6548						
Chicken Schnitzel with Gravy	LNE6519						
Japanese Style Hot Smoked Salmon	LNE6534						
Baked Chicken Schnitzel, Napoli, and Vegetables	NF001						
Chicken & Vegetable Pie with Potato & Roast Vegetables	NF005						
Tandoori Chicken with Vegetable Pilaf Rice	NF019						
Grilled Sausages with Onion Gravy and Mashed Potato	NF033						
Braised Wagyu Beef, Paris Mash, Vegetables	NF046						
Roast Beef with Gravy and Vegetables	NF053						
Lasagne Pie with Potato Mash and Vegetables	NF050						
Navarin of Lamb, Seasonal Vegetables Meals	NF051						
Roast Pork with Vegetables and Apple Gravy 	NF035						
Pumpkin, Leek and Feta Quiche with Roast Vegetable & Potato 	NF011						
Fish Pie, Broccoli, Corn, Carrots 	R025						
Grilled Fish, Chinoise Vegetables, Pasta, Asian Sauce	R027						
Roast Lamb with Gravy, Mint Jelly, Roast Potatoes, Mixed Vegetables & Cauliflower 	R032						
Roasted Vegetable Gnocchi with Pumpkin Sauce, Brussel Sprouts & Carrot 	R033						
Slow Cooked Beef with Pepper Gravy, Potato Mash, Mixed Vegetables & Cauli- 	R083						
Chicken Kiev with Potato Gems, Beans & Carrots	R021						
Lentil Shepherds Pie, Mixed Veg, Beans  	R114						
Turkey Salad	R043						
BBQ Pork Ribs, Roast Potatoes, Beans, Pumpkin 	R115						
Moroccan Lamb Casserole, Rice, Mixed Vegetables, Broccoli 	R093						
Silverside & Mustard Sauce, Steamed Potatoes, Beans. Carrot Batons 	R094						
Shepherds Pie, Baked Pumpkin, Mixed Vegetables 	R095						
Pepper Beef Pie, Scalloped Potato, Mixed Vegetable, Cauliflower	R096						
Chicken Chow Mein, Mixed Vegetables, Beans	R097						
Pumpkin Chickpea Pattie, Napoli Sauce, Polenta, Cauli, Corn 	R098						

Choose up to 3 Delivery Days: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri (Friday includes Saturday & Sunday) Pg. 2

Name: _____
Run: _____

Date: _____

Menu Items		M	T	W	T	F
 SOUP (CHILLED ONLY)	CODE					
Potato & Leek Soup  	R001					
Farmhouse Soup  	R002					
Chicken & Vegetable Soup 	R007					
Vegetable Soup 	R009					
Carrot Soup  	R046					
Broccoli Soup  	R008					
Cream of Asparagus Soup  	R006					

 DESSERT	CODE					
Fruit Salad Cup	LNE3876					
Chocolate and Raspberry Pudding	NF029					
Lemon Delicious Cake	NF042					
Apple Crumble Muffin	NF043					
Bread & Butter Pudding	NF044					
Banana & Caramel Cake with Custard	R059					
Fruit Trifle and Cream	R060					
Apple Danish with Custard	R061					
Chocolate Brownie with Cream	R062					
Swiss Jam Roll with Cream	R064					

Menu Items		M	T	W	T	F
 MAIN	CODE					
Chicken, Apple & Walnut Salad	LNE6524					
Cobb Style Salad	LNE6516					
Chicken & Avocado Salad	LNE6517					
Chicken Schnitzel with Gravy	LNE6519					
Turkey, Cranberry & Walnut Salad	LNE6505					
Egg, Avo & Crispy Ranch Salad 	LNE6522					
Braised Beef and Ale Pie with Potato Mash and Vegetables	NF045					
Roast Chicken with Gravy and Vegetables	NF014					
Thai Chicken with Vegetable Rice	NF020					
Chicken & Leek Casserole with Vegetables Baked Potato	NF030					
Chicken & Mushroom Pie with Potato Mash and Vegetables	NF047					
Roast Lamb with Gravy and Vegetables	NF015					
Shepherd's Pie topped with Potato Mash and Vegetables	NF038					
Quiche Lorraine with Roast Vegetables & Potato	NF012					
Spinach & Ricotta Ravioli with Napoli Sauce 	NF054					
Hungarian Goulash with Polenta, Beans & Carrots	R047					
Veal Tortellini with Creamy Cheese Sauce, Beans and Carrots	R050					
Tuna Patties with Napoli Sauce, Corn, Pumpkin & Peas 	R051					
Parmesan Crumbed Baked Fish, Steamed Potato, Pumpkin & Broccoli	R052					
Silverside with Mustard Sauce, Steamed Potatoes, Beans & Carrot Batons 	R048					
Spaghetti Carbonara with Pumpkin & Beans	R053					
Vegetable Burger with Tomato Sauce, Cauliflower, Pumpkin & Beans  	R058					
Sweet & Sour Pork Sausages, Rice, Cauliflower, Peas	R099					
Chicken Parmigiana, Gravy, Scalloped Potato, Pumpkin, Peas	R100					
Curry Vegetable Casserole, Sweet Potato, Cauliflower, Corn  	R101					
Pasta Alfredo, Creamy Tomato Sauce, Corn, Beans, Cauliflower 	R102					
Sweet Potato Lentil Pattie, Napoli Sauce, Carrots, Mixed Veg, Beans  	R103					
Roast Pork, Gravy, Apple Sauce, Roast Potatoes, Baked Pumpkin, Broccoli	R104					
Lamb & Minted Pea Pie, Mashed Potato, Broccoli, Corn	R105					
Roast Turkey, Gravy, Cranberry Sauce, Roast Potatoes, Peas, Corn, Broccoli 	R085					



Vegetarian



Vegan



Gluten free



Dairy Free

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Choose up to 3 Delivery Days: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri (Friday includes Saturday & Sunday) Pg. 3

Name: _____
Run: _____

Date: _____

Menu Items		M	T	W	T	F
 SOUP (CHILLED ONLY)	CODE					
Pumpkin Soup  	R003					
French Onion Soup  	R004					
Mushroom Soup 	R005					
Cream of Asparagus Soup 	R006					
Vegetable Soup  	R009					
Broccoli Soup  	R008					
Carrot Soup  	R046					

 DESSERT	CODE					
Fruit Salad Cup	LNE3876					
Chocolate and Raspberry Pudding	NF029					
Lemon Delicious Cake	NF042					
Apple Crumble Muffin	NF043					
Bread & Butter Pudding	NF044					
Baked Chocolate Cheesecake with Cream	R071					
Orange & Raspberry Cake with Custard	R072					
Rice Pudding & Apricot with Cream 	R076					
Sticky Date Cake with Custard	R073					
Tiramisu with Cream	R074					



Vegetarian



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Menu Items		M	T	W	T	F
 MAIN	CODE					
Chicken Schnitzel with Ham & Avo	LNE6525					
Beef Lasagne with Vegetables	LNE6532					
Japanese Style Hot Smoked Salmon	LNE6534					
Southern Chicken Tenders with Smash & Gravy	LNE6548					
Asian Beef Salad	LNE6549					
Chicken Schnitzel with Gravy	LNE6519					
Quiche Lorraine with Roast Vegetables & Potato	NF012					
Roast Chicken with Gravy and Vegetables	NF014					
Roast Lamb with Gravy and Vegetables	NF015					
Thai Chicken with Vegetable Rice	NF020					
Chicken & Leek Casserole with Vegetables Baked Potato	NF030					
Shepherd's Pie topped with Potato Mash and Vegetables	NF038					
Braised Beef and Ale Pie with Potato Mash and Vegetables	NF045					
Chicken & Mushroom Pie with Potato Mash and Vegetables	NF047					
Spinach & Ricotta Ravioli with Napoli Sauce	NF054					
Beef Ragu with Brown Rice, Mixed Vegetables and Cauliflower 	R065					
Beef Stroganoff with Pasta, Beans and Pumpkin	R067					
Grilled Fish with Curry Sauce, Mashed Potato, Cauliflower & Mixed Vegetables 	R068					
Ginger Honey Pork Casserole with Rice, Beans & Carrot Rings 	R077					
Zucchini & Cheese Quiche with Scalloped Potato, Beans & Mixed Vegetables 	R079					
Chicken Sausages with Teriyaki Sauce, Potato Mash, Peas, Cauliflower & Pumpkin	R078					
Vindaloo Beef Meatballs with Rice, Pumpkin & Broccoli	R066					
Lamb Tagine, Potato Mash, Beans, Carrot Rings	R106					
Chicken Cacciatore, Pasta, Peas, Pumpkin, Carrots	R107					
Macaroni, Ham & Cheese Bake, Corn, Broccoli, Pumpkin 	R108					
Ratatouille, Brown Rice, Beans, Pumpkin  	R109					
Beef & Vegetable Pastie, Beans, Pumpkin, Cauliflower	R110					
Lentil Bolognese, Polenta, Pumpkin, Mixed Veg, 	R111					
Malaysian Vegetable Curry, Rice, Mixed Vegetables, Carrot Batons  	R112					
Vegetable Tagine, Pasta, Beans, Pumpkin 	R113					

Choose up to 3 Delivery Days: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri (Friday includes Saturday & Sunday) Pg. 4



Meals on Wheels
Whitehorse

Summer Frozen Order Forms 2026

Weeks 1 - 4

Name:
Run:

Date:

Choose up to 3 Delivery Days: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri (Friday includes Saturday & Sunday)

		WEEK 1					WEEK 2					WEEK 3					WEEK 4				
		☐ Please tick to repeat					☐ Please tick to repeat					☐ Please tick to repeat					☐ Please tick to repeat				
		Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri
Monday - Friday																					
SOUP																					
Chicken Noodle Soup	LNE21002																				
My Choice Creamy Chicken & Mushroom Soup	LNE21008																				
My Choice Creamy Seafood Chowder Soup	LNE21007																				
Pea & Ham Soup	LNE21003																				
Potato & Leek Soup	LNE21004																				
Pumpkin Soup	LNE21001																				
MINI - MAIN																					
Apricot Chicken with Creamy Mash	FD002																				
Battered Fish Pieces with Baked Potato Wedges	FD008																				
Beef Lasagne	LNE751																				
Broccoli Chicken Pasta Bake	LNE545																				
Creamy Chicken & Mushroom Casserole with Cous Cous	FD025																				
Fried Rice with BBQ Chicken	LNE752																				
Mini Meal Mushroom Stroganoff	LNE442																				
Roast Chicken & Gravy	LNE480																				
Spaghetti Bolognese Entrée	LNE609																				
Tuna Mornay with Creamy Mash	FD006																				
MAIN																					
Beef Rissoles with Onion Gravy & Creamy Mash	FD009																				
Homestyle Macaroni Cheese	LNE54																				
Moroccan Pumpkin & Chickpeas	LNE245																				
My Choice Apricot Chicken	LNE11025																				

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Vegetarian



Vegan



Gluten free



Dairy Free



Meals on Wheels
Whitehorse

Summer Frozen Order Forms 2026

Weeks 1 - 4

Name:
Run:

Date:

Choose up to 3 Delivery Days: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri (Friday includes Saturday & Sunday)

Monday - Friday	Code	WEEK 1					WEEK 2					WEEK 3					WEEK 4				
		☐ Please tick to repeat					☐ Please tick to repeat					☐ Please tick to repeat					☐ Please tick to repeat				
		Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri
MAIN (CONTINUED)																					
My Choice Beef Stroganoff	LNE11002																				
My Choice Butter Chicken	LNE11020																				
My Choice Chicken Parmigiana	LNE11032																				
My Choice Chicken Schnitzel & Gravy	LNE11033																				
My Choice Corned Beef	LNE11007																				
My Choice Curried Prawns with Pilaf Rice	LNE11009																				
My Choice Hearty Beef Casserole	LNE11036																				
My Choice Honey Soy Chicken	LNE11022																				
My Choice Parmesan Crusted Fish	LNE11006																				
My Choice Pork Scallopini	LNE11011																				
My Choice Chicken & Cashew	LNE11021																				
My Choice Roast Chicken	LNE11029																				
My Choice Roast Lamb	LNE11013																				
My Choice Roast Pork	LNE11012																				
My Choice Sausages with Onion Gravy	LNE11005																				
My Choice Shepherd's Pie	LNE11016																				
My Choice Slow Cooked Lamb Shanks	LNE11015																				
My Choice Spaghetti with Creamy Garlic Prawns	LNE11034																				
My Choice Special Fried Rice	LNE11041																				
My Choice Tasmanian Salmon with White Wine Sauce	LNE11004																				
My Choice Tuna Mornay	LNE11040																				

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Vegetarian



Vegan



Gluten free



Dairy Free



Meals on Wheels
Whitehorse

Summer Frozen Order Forms 2026

Weeks 1 - 4

Name:
Run:

Date:

Choose up to 3 Delivery Days: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri (Friday includes Saturday & Sunday)

		WEEK 1					WEEK 2					WEEK 3					WEEK 4					
		☐ Please tick to repeat					☐ Please tick to repeat					☐ Please tick to repeat					☐ Please tick to repeat					
Monday - Friday		Code	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri
MAIN (CONTINUED)																						
Roast Beef with Homemade Gravy & Baked Potato		FD010																				
Sweet & Sour Pork with Steamed Rice		FD012																				
Vegetarian Potato & Chickpea Curry		LNE213																				
Vegetarian Spaghetti Bolognese		LNE242																				
DESSERT																						
Apple Cinnamon Crumble		LNE22005																				
Apricot Pudding		LNE22002																				
Bread & Butter Pudding		LNE22007																				
My Choice Vanilla Custard		LNE22000																				
Chocolate Mudcake with Fresh Cream		FD016																				
Golden Syrup Dumpling		FD026																				
Lemon Cheesecake with Fresh Cream		FD017																				
Lemon Sponge with Custard		LNE22004																				
My Choice Cherry Raspberry Crumble		LNE22008																				
My Choice Rice Pudding with Blueberry & Apple Compote		LNE22006																				
My Choice Strawberry Cheesecake Crumble		LNE22009																				
Pavlova with Fresh Cream & Strawberries		FD015																				
Sherry Custard Trifle		FD020																				
Stewed Rhubarb with Apple & Custard		FD021																				
Sticky Date Pudding with Custard		LNE22003																				

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Vegetarian



Vegan



Gluten free



Dairy Free



Meals on Wheels
Whitehorse

Summer Texture Modified Order Forms 2026

Weeks 1 - 4

Name:
Run:

Date:

Choose up to 3 Delivery Days: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri (Friday includes Saturday & Sunday)

		WEEK 1					WEEK 2					WEEK 3					WEEK 4				
		☐ Please tick to repeat					☐ Please tick to repeat					☐ Please tick to repeat					☐ Please tick to repeat				
		Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri
Monday - Friday																					
MAIN - LEVEL 4 PUREED																					
Puree of Beef, Mashed Potato, Peas, & Carrot	TP-SDM04-P4																				
Beef Rissole with Mash Potato, Peas & Cauliflower	TP-SDM10-P4																				
Chicken, Mashed Potato, Peas & Carrot	TP-SDM13-P4																				
Steamed Fish, Mashed Potato, Peas & Carrot	TP-SDM18-P4																				
Falafel, Mashed Potato, Peas & Carrot	TP-SDM20-P4																				
Egg Omelette with Corns & Peas	TP-SDM21-P4																				
Egg Omelette with Corns & Cauliflower	TP-SDM22-P4																				
Lamb, Mashed Potato, Peas & Carrot	TP-SDM24-P4																				
MAIN - LEVEL 5 MINCED & MOIST																					
Beef, Mashed Potato, Peas & Carrot	TP-SDM04-P5																				
Chicken, Mashed Potato, Peas & Carrot	TP-SDM13-P5																				
Falafel with Mashed Potato, Peas & Carrot	TP-SDM20-P5																				
Steamed Fish, Mashed Potato, Peas & Carrot	TP-SDM18-P5																				
Lamb, Mashed Potato, Peas & Carrot	TP-SDM24-P5																				
Rissole with Potato Mash, Peas & Cauliflower	TP-SDM10-P5																				
Egg Omelette with Corns & Cauliflower	TP-SDM22-P5																				
DESSERT																					
Chocolate Mousse	ECMC1																				
Banana Custard	EC560																				
Honeycomb Buzz	EC563																				
Lemon Custard	EC550																				
Mango Mousse	EC558																				
Strawberries & Cream	EC562																				
Vanilla Custard	ECUV1																				

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