Meals on Wheels™ Whitehorse

Texture Modified Order Forms 2025 | Weeks 1-4

Name: Date:

Run:

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

Monday - Friday	Code	WEEK 1 ☐Please tick to repeat					WEEK 2 ☐Please tick to repeat					WEEK 3 ☐Please tick to repeat					WEEK 4 ☐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 - 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																				

EZY CHEF

Please return me !

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

Vegetarian Vegan Gluten free Dairy Free