Meals on Wheels Inverell Summer Menu 2026 COMMENCEMENT 12 OCTOBER 2026

Please complete all sections to provide your latest dietary requirements.
It's important you update us about any changes to your needs & your health.

Make your selection and return to the volunteers or our office

Name:	
Date:	

Meal Pricings as at 01 August 2026

Commonwealth Home Support Program		Stay at Home - Client Cost		Full Cost	
Main Meal	$10.00/Meal	**Main Meal, Dessert, Juice**	$7.00	**Main Meal**	$13.50/Meal
Dessert	$2.00/Dessert	**Main Meal, Juice**	$4.50	**Dessert**	$2.00/Dessert
Soup	$3.00/Soup	**Soup**	$1.00	**Soup**	$3.00/Soup
Juice	Complimentary				

Our menu is a 4 week rotating menu. At the end of Week 4, the menu will start again at Week 1

Please contact us on 6722 1951 if you have any questions or to make changes to your menu.

Menu changes will only be accepted 48 hours or more in advance.

Clients who fail to notify they will not be home or cancel after 2pm the day PRIOR to delivery will be charged.

*****Late cancellation exceptions may apply for medical &/or unforeseen circumstances*****

Inverell Meals on Wheels Summer Menu 26/27
To help ensure you are receiving the meals you would like & when you would like them please answer the following questions: Tick or write down your responses. If you are unsure about any of the following please give us a call at the office on 67 22 1951

Delivery ☐	**Pick up** ☐

Please tick the days you would like your meals

Monday ☐	**Tuesday** ☐	**Wednesday** ☐	**Thursday** ☐	**Friday** ☐

Would you like frozen meals for the weekend/through the week: If Yes how many & which day would you like them delivered:

Allergies:
Dislikes:

Main Meal Options:					
HOT ☐		**CHILLED** ☐		**FROZEN** ☐	
Texture Modifications:					
Cut Up Meal ☐		**Cut up Meat Only** ☐		**Mince Moist** ☐	**Puree** ☐
Juice options: If you get frozen meals please tick if you would like juice fresh or frozen					
None ☐	**Both** ☐	**Apple** ☐	**Orange** ☐	**Fresh** ☐	***Frozen*** ☐
Frozen Soup:					
Yes ☐	***No*** ☐	***If yes how many per week:***			
Optional Extras					
Extra Gravy ☐	***Extra Sauce*** ☐	***No Gravy*** ☐	***No Sauce*** ☐	***Extra Vegetables*** ☐	

Name:

WEEK 1

PLEASE SELECT A MAIN & STARCH OPTION - SEASONAL VEGETABLES ARE INCLUDED WITH ALL MAIN MEALS EXCL. SALADS & MAY CHANGE DEPENDING ON AVAILABILITY

Monday	**Main**	**Starch**	**Dessert**
Option 1	Pork & Pineapple Casserole **GF** ☐	Chat Potato ☐	Carrot Cake & Custard ☐
Option 2	Chicken Tenders w Gravy ☐	None ☐	Carrot Cake Only ☐

Tuesday	**Main**	**Starch**	**Dessert**
Option 1	Chicken Chow Mein **GF** ☐	Sweet Potato ☐	Apple Crumble & Custard ☐
Option 2	Spaghetti Bolognaise ☐	None ☐	Apple Crumble Only ☐
Option 3	Cold Meat & Salad **GF CE** ☐		

Wednesday	**Main**	**Starch**	**Dessert**
Option 1	Pork Sausages w Tomato & Zucc Sauce **GF** ☐	Smashed Potato ☐	Blueberry Crumble Cake & Custard ☐
Option 2	Curried Prawns **GF** ☐	None ☐	Blueberry Crumble Cake Only ☐
Option 3	Cold Meat & Salad **GF CE**		

Thursday	**Main**	**Starch**	**Dessert**
Option 1	Roast Beef & Gravy **GF** ☐	Roast Potato ☐	Pineapple Pie & Cream **GF** ☐
Option 2	Greek Salad **CE** ☐	None ☐	Pineapple Pie Only **GF** ☐

Friday	**Main**	**Starch**	**Dessert**
Option 1	Zucchini Quiche **GF CE** ☐	Mash Potato ☐	Chocolate Mousse & Tinned Fruit **GF** ☐
Option 2	Salmon Patties w Tomato Sauce ☐	None ☐	Chocolate Mousse Only **GF** ☐

GF - GLUTEN FREE CE- Contains Egg

WEEK 2			
PLEASE SELECT A MAIN & STARCH OPTION - SEASONAL VEGETABLES ARE INCLUDED WITH ALL MAIN MEALS EXCL. SALADS & MAY CHANGE DEPENDING ON AVAILABILITY			
Monday	**Main**	**Starch**	**Dessert**
Option 1	Beef Sausages & Gravy **GF** ☐	Chat Potato ☐	Apple Slice & Cream ☐
Option 2	Battered Fish w Tartare Sauce ☐	None ☐	Apple Slice Only ☐

Tuesday	**Main**	**Starch**	**Dessert**
Option 1	Tuscan Chicken **GF** ☐	Mash Potato ☐	Baked Custard & Tin Fruit **GF** ☐
Option 2	Beef Pinwheels w Gravy ☐	None ☐	Baked Custard Only **GF** ☐
Option 3	Cold Meat & Salad **GF CE** ☐		

Wednesday	**Main**	**Starch**	**Dessert**
Option 1	Lamb Potato Pie **GF** ☐	Baked Sweet Potato ☐	Apple/Blueberry Crumble & Cream ☐
Option 2	Vegetable Medley Stew **GF** ☐	None ☐	Apple/Blueberry Crumble Only ☐
Option 3	Cold Meat & Salad **GF CE** ☐		

Thursday	**Main**	**Starch**	**Dessert**
Option 1	Roast Pork & Gravy **LG** ☐	Roast Potato ☐	Apricot Cobbler & Custard ☐
Option 2	Chicken Ceasar Salad **CE** ☐	None ☐	Apricot Cobbler Only ☐

Friday	**Main**	**Starch**	**Dessert**
Option 1	Grilled Fish w Lemon **GF** ☐	Steam Potato ☐	Trifle w Cream ☐
Option 2	Turkey w Gravy **GF** ☐	None ☐	Trifle Only ☐

GF - GLUTEN FREE CE- Contains Egg

WEEK 3			
PLEASE SELECT A MAIN & STARCH OPTION - SEASONAL VEGETABLES ARE INCLUDED WITH ALL MAIN MEALS EXCL. SALADS & MAY CHANGE DEPENDING ON AVAILABILITY			
Monday	**Main**	**Starch**	**Dessert**
Option 1	Lamb Rissoles w Mustard Gravy ☐	Rice ☐	Pavlova, Fruit Salad & Cream **GF** ☐
Option 2	Curry Chicken **GF** ☐	None ☐	Tinned Fruit Salad Only **GF** ☐

Tuesday	**Main**	**Starch**	**Dessert**
Option 1	Vegetable Frittata **GF CE** ☐	Mashed Potato ☐	Crème Caramel **GF** ☐
Option 2	Prawn Cutlets ☐	None ☐	None ☐
Option 3	Cold Meat & Salad **GF CE** ☐		

Wednesday	**Main**	**Starch**	**Dessert**
Option 1	Beef Stir Fry **GF** ☐	Fried Rice **CE** ☐	Vanilla Mousse & Tin Fruit **GF** ☐
Option 2	Sweet & Sour Pork **GF** ☐	None ☐	Vanilla Mousse Only **GF** ☐
Option 3	Cold Meat & Salad **GF CE** ☐		

Thursday	**Main**	**Starch**	**Dessert**
Option 1	Roast Lamb & Gravy **LG** ☐	Roast Potato ☐	Queen Berry Pudding & Cream ☐
Option 2	Chicken Pasta Salad ☐	None ☐	Queen Berry Pudding Only ☐

Friday	**Main**	**Starch**	**Dessert**
Option 1	Crumbed Fish w Tartare Sauce ☐	Steam Potato ☐	Jelly, Tin Fruit & Custard **GF** ☐
Option 2	Braised Lamb Chops **GF** ☐	None ☐	Jelly & Tin Fruit Only **GF** ☐

GF - GLUTEN FREE CE- Contains Egg

WEEK 4			
PLEASE SELECT A MAIN & STARCH OPTION - SEASONAL VEGETABLES ARE INCLUDED WITH ALL MAIN MEALS EXCL. SALADS & MAY CHANGE DEPENDING ON AVAILABILITY			
Monday	**Main**	**Starch**	**Dessert**
Option 1	Chicken Parmi ☐	Chat ☐	Cheesecake & Cream ☐
Option 2	Vegetable Casserole **GF** ☐	None ☐	Cheesecake Only ☐

Tuesday	**Main**	**Starch**	**Dessert**
Option 1	Chicken Stroganoff **GF CM** ☐	Potato Bake ☐	Pannacotta & Tinned Fruit **GF** ☐
Option 2	Beef Rissoles w Gravy ☐	None ☐	Pannacotta Only **GF** ☐
Option 3	Cold Meat & Salad **GF CE** ☐		

Wednesday	**Main**	**Starch**	**Dessert**
Option 1	Silverside & White Sauce **GF** ☐	Steamed Potato ☐	Apple Cinnamon Cake & Yoghurt ☐
Option 2	Vegetable Bake **GF CE** ☐	None ☐	Apple Cinnamon Cake Only ☐
Option 3	Cold Meat & Salad **GF CE** ☐		

Thursday	**Main**	**Starch**	**Dessert**
Option 1	Roast Chicken & Gravy **GF** ☐	Roast Potato ☐	Double Choc Muffin Slice & Custard ☐
Option 2	Asian Beef Salad ☐	None ☐	Double Choc Muffin Slice Only ☐

Friday	**Main**	**Starch**	**Dessert**
Option 1	Creamy Fish Pie ☐	Rice ☐	Peach Sponge & Yoghurt ☐
Option 2	Curried Beef Sausages **GF** ☐	None ☐	Peach Sponge Only ☐

GF - GLUTEN FREE CE- Contains Egg CM- Contains Mushrooms