CANTERBURY BANKSTOWN

Meals on Wheels
Hot/Chilled Menu

WINTER 2026
Week One

This menu is for weeks starting
1st June, 29th June, 27th July, 24th Aug, 21st Sept 2026

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meal	Main	Beef Stroganoff Pie	Thai Pork Rissoles with Coconut Curry Sauce with Rice	Beef Chipolatas with Brown Onion Gravy	Roast Lamb with Garlic & Thyme Gravy	Crumbed Fish	Roast Beef with Peppercorn Sauce	Roast Pork with Apple Sauce & Gravy
	Easy Chew	Curried Prawns with Rice	Lamb & Rosemary Hot Pot	Portuguese Chicken with Saffron Rice	Pork Cassoulet	Beef Burgundy	Tuna Pasta Bake	Coq Au Vin (Chicken Casserole)
	Vegetarian	Lentil & Vegetable Pilaf	Mac & Cheese Bake	Pumpkin & Chickpea Patties with Chunky Tomato Sauce	Chilli Bean Casserole	Vegetable Frittata	Vegetable Pasta Mornay	Vegetable Dahl with Brown Rice
Dessert	Sweet	Baked Custard with Cinnamon *	Apricot & Almond Crumble with Custard	Rum & Raisin Sponge Pudding with Custard	Creamy Rice with Mango Puree	Jelly with Custard	Honey Syrup Cake with Custard	Black Forest Slice with Chocolate Custard
	Fruit + Dairy	Apple & Rhubarb Compote with Custard	Pears with Custard *	Mixed Fruit Compote with Yoghurt	Dark Cherry & Apple Compote with Custard	Apricots with Yoghurt *	Stewed Spiced Apple with Custard *	Two Fruits with Yoghurt *

*** Diabetic friendly (Sugar < 15g/100g)**

CANTERBURY BANKSTOWN

Meals on Wheels
Hot/Chilled Menu

WINTER 2026
Week Two

This menu is for weeks starting
8th June, 6th July, 3rd Aug, 31st Aug, 28th Sept 2026

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meal	Main	Lamb & Mint Rissoles with Gravy	Cottage Pie	Oven Roasted Herb Chicken with Smoky Pepperonata Sauce	Pork Steak with Mushroom Gravy	Crumbed Fish	Roast Pork with Port Wine Sauce	Roast Beef with Onion Gravy
	Easy Chew	Sweet & Sour Fish with Rice	Honey Pepper Pork with Brown Rice	Slow Cooked Lamb Casserole	Beef Bolognaise with Spaghetti	Chicken & Ginger Stir Fry with Rice	Chilli Con Carne with Rice	Moroccan Chicken with Chickpeas & Brown Rice
	Vegetarian	Potato & Spinach Pie	Yellow Tofu Coconut Curry with Brown Rice	Beetroot Lentil Burger with Smoky Pepperonata Sauce	Lentil Bolognaise with Spaghetti	Quiche Florentine	Spinach Risotto Slice	Egg Fried Rice
Dessert	Sweet	Dark Cherry & Apple Crumble with Custard	Spiced Baked Custard *	Creamy Rice with Toffee Apple Puree *	Jelly & Fruit Salad with Custard	Steamed Fig & Ginger Pudding with Custard	Choc Chip Cake with Chocolate Custard	Orange Sponge Pudding with Custard
	Fruit + Dairy	Peaches with Custard *	Fruit Salad with Yoghurt *	Mixed Fruit Compote with Custard	Pears with Yoghurt *	Two Fruits with Custard *	Stewed Spiced Apple with Yoghurt *	Apricots with Custard *

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CANTERBURY BANKSTOWN

Meals on Wheels
Hot/Chilled Menu

WINTER 2026
Week Three

This menu is for weeks starting
15th June, 13th July, 10th Aug, 7th Sept, 5th Oct 2026

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meal	Main	Pork Sausage with Gravy	Beef Burger Pattie with Peppercorn Sauce	Roast Lamb with Mint Gravy	Traditional Meatloaf with Gravy	Crumbed Fish	Roast Chicken Maryland with Sage & Onion Gravy	Roast Pork with Apple Sauce & Gravy
	Easy Chew	Portuguese Chicken	Pork & Mushroom Casserole	Creamy Chicken Pasta Bake	Lamb Stir Fry with Rice	English Beef Curry with Brown Rice	Tuna Patties with Mornay Sauce	Beef Stroganoff
	Vegetarian	Mac & Cheese Bake	Pumpkin & Chickpea Patties with Chunky Tomato Sauce	Vegetable Pasta Mornay	Chilli Bean Casserole with Rice	Spinach & Cheese Roll	Vegetable Frittata	Lentil & Vegetable Pilaf
Dessert	Sweet	Butterscotch Pudding with Custard	Chcocolate Walnut Brownie with Custard	Mildura Baked Custard	Spiced Pears with Port Wine Jelly & Custard	Raspberry Polenta Cake with Custard	Creamy Rice with Mango Puree	Stewed Spiced Apple Crumble with Custard
	Fruit + Dairy	Peaches with Yoghurt *	Apple & Rhubarb Compote with Custard	Two Fruits with Yoghurt *	Dark Cherry & Apple Compote with Custard	Apricots with Yoghurt *	Pears with Custard *	Mixed Fruit Compote with Yoghurt

*** Diabetic friendly (Sugar < 15g/100g)**

CANTERBURY BANKSTOWN

Meals on Wheels
Hot/Chilled Menu

WINTER 2026
Week Four

This menu is for weeks starting
22nd June, 20th July, 17th Aug, 14th Sept, 12th Oct 2026

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meal	Main	Swedish Meatballs with Mild Pepper Gravy	Pork Steak with Smoky Pepperonata Sauce	Chicken Parmigiana	Shepherds Pie	Crumbed Fish	Roast Beef with Port Wine Sauce	Roast Chicken Thigh with Smoky BBQ Sauce
	Easy Chew	Creamy Mustard Chicken	Chilli Con Carne with Brown Rice	Pork & Cider Casserole	Salmon Pasta Bake	Butter Chicken with Saffron Rice	Honey Pepper Pork with Rice	Slow Cooked Lamb Casserole
	Vegetarian	Spinach Risotto Slice	Vegetable Dahl with Brown Rice	Potato & Spinach Pie	Vegetable Pesto Pasta Bake	Indian Butter Tofu with Saffron Rice	Veggie Slice	Lentil Bolognaise with Spirali Pasta
Dessert	Sweet	Coconut Baked Custard *	Apple, Pear & Rhubarb Cobbler with Custard	Sultana Pudding with Custard	Citrus, Ricotta & Almond Cake with Custard	Creamy Rice with Toffee Apple Puree *	Jelly & Two Fruits with Custard	Peach Upside Down Cake with Custard
	Fruit + Dairy	Two Fruits with Custard *	Fruit Salad with Yoghurt *	Peaches with Custard *	Spiced Apples with Yoghurt *	Mixed Fruit Compote with Custard	Pears with Yoghurt *	Apricots with Custard *

*** Diabetic friendly (Sugar < 15g/100g)**