

Pomona District Meals on Wheels Inc
6 Weekly Menu

Week 1	Monday	Wednesday	Friday
1st Main Hot	Sausage Cassoulet	Baked Fish with Herb Crust	Honey Baked Chicken
2nd Main Chilled	Ham & Mustard Sauce	Tangy Meatloaf	Veg & Lentil Cottage Pie
1st Dessert	Apple Cinnamon Cake GF/DF	Baked Cheesecake & Fruit	Chocolate Pudding
2nd Dessert	Flummery	Lemon Yoghurt Cake	Almond Slice GF/DF
1st Soup Hot	Creamy Pea & Mint	Pumpkin	Cauliflower & Celery

Week 2	Monday	Wednesday	Friday
1st Main Hot	Roast Chicken	Beef Sausages	Fish with Parsley Sauce
2nd Main Chilled	Rissoles	Quiche & Veg.	Chicken Mornay
1st Dessert	Walnut Coffee Slice GF/DF	Apple Crumble & Custard	Apricot Pie
2nd Dessert	Coconut Creamed Rice GF/DF	Stewed Fruit	Carrot Cake
1st Soup Hot/Salad	Sweetcorn GF/DF	Creamed Veg	Veg & Pasta

Week 3	Monday	Wednesday	Friday
1st Main Hot	Roast Pork	Chicken & Veg Casserole	Fish in Lemon Butter Sauce
2nd Main Chilled	Bangers & Mash	Savoury Mince with Mash	Cauliflower Cheese Bake
1st Dessert	Jam Roll with Custard	Pears with Lemon & Cinnamon	Apple Pie Slice
2nd Dessert	Fruit Pannacotta GF/DF	Sago with Coconut GF/DF	Choc chip cookies
1st Soup Hot	Cauliflower & Broccoli	Carrot & Chickpea	Chicken & veg

Week 4	Monday	Wednesday	Friday
1st Main Hot	Crumbed Fish with Peas	Roast Beef	Chicken Korma
2nd Main Chilled	Veg Carrot & Zucchini Slice	Tangy Meat Loaf	Pork Sausages
1st Dessert	Fruit Crumble	Stewed Fruit & Yoghurt GF/DF	Lemon Delicious
2nd Dessert	Tiramisu	Raspberry Shortcake	Jelly & Cream
1st Soup Hot/Salad	Tomato & Lentil	Mushroom	Egg Salad

Week 5	Monday	Wednesday	Friday
1st Main Hot	Roast Chicken	Salmon Mornay	Lamb Casserole
2nd Main Chilled	Pasta Bolognese	Veggie Curry	Quiche
1st Dessert	Apple, Sultana & Ginger Cake	Baked Fruit with Coconut GF/DF	Strawberry Jelly & Cream
2nd Dessert	Butterscotch Pudding	Honey Gingerbread	Chocolate Brownie
1st Soup Hot	Tasty Pumpkin & Coconut	Cauliflower & Potato	Minestrone

Week 6	Monday	Wednesday	Friday
1st Main Hot	Butter Chicken with Rice	Devilled Pork Sausages	Fish Curry with Spinach
2nd Main Chilled	Cottage Pie	Macaroni Cheese	Beef Hotpot
1st Dessert	Eton Mess	Apple Crumble & Custard	Lemon Tart
2nd Dessert	Prune Shortcake	Chocolate Muffin	Jellied Fruit GF/DF
1st Soup Hot/Salad	French Onion Soup	Barley	Creamy Sweet Potato & Carrot