



SAMARINDA
ASHBURTON
AGED SERVICES INC

Meals-On-Wheels Winter Menu

Monday 31 May to Sunday 27 June 2021



296 High Street, Ashburton

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Email: MealsOnWheels@saas.org.au

HEALTHY EATING PYRAMID



Enjoy a variety of food and be active every day!



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Meal selection

To choose your meals, please place a tick in the preferred box. If you do not place a tick in the box, you will automatically be provided with choice “A” meal and dessert. A serving of fresh soup will accompany each meal.

Sandwich codes are found on page 32.

Special Diet

Special dietary requirements such as vegetarian, allergies or textured meals; mashed, cut up or vitamised are available upon medical request.

(GF) –GLUTEN FREE

(ND) – NOT SUITABLE FOR DIABETICS

All desserts are suitable for diabetic diets with the exception of those marked **(ND)**.

Weekend meals are frozen and delivered on Fridays. These meals consist of one main meal and one dessert. If you require additional frozen meals during the week, or at short notice, please feel free to contact us.

Cancellation Policy

Please note: We require 2 days’ notice for changes or cancellations.

** menu is subject to availability

Week 1

Monday 31 May 2021

Meal Choices:

Steak Dianne with Mashed Potato, Butter Beans & Mixed Vegetables.

OR

Chicken Teriyaki with Steamed Rice, Carrots & Beans.

OR

Roast Turkey with Gravy, Roast Potato, Carrots & Peas.

OR

Sandwiches:

Bread Type (Choices on page 31)

Filling Code (Selection on page 31)

Dessert Choices:

Custard Danish with Cream

OR

Baked Rice Pudding with Fruit

Week 1

Tuesday 01 June 2021

Meal Choices:

Veal Casserole with Mashed Potato,
Peas & Golden Beans.

OR

Fish Cake with Mashed Potato,
Beans & Corn.

OR

Roast Lamb with Gravy, Roast Potato,
Roast Pumpkin & Broccoli

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Fruit Salad & Custard

OR

Semolina Pudding with Cream

Week 1

Wednesday 02 June 2021

Meal Choices:

Beef Rendang with Steamed Rice, Roast
Pumpkin & Spinach.

OR

Pork Goulash with
Steamed Rice, Peas & Corn.

OR

Roast Chicken with Gravy, Roast Potato,
Roast Pumpkin & Peas

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Trifle with Cream

OR

Chocolate Brownie (ND)

Week 1

Thursday 03 June 2021

Meal choices:

Chicken Parmagiana with Roast Potato,
Broccoli & Corn.

OR

Lamb's Fry & Bacon with Gravy, Mashed
Potato, Carrots & Brussel Sprouts.

OR

Roast Pork with Gravy, Roast Potato,
Carrots & Peas

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Pineapple & Coconut Slice with Cream

OR

Plums & Yoghurt

Week 1

Friday 04 June 2021

Meal Choices:

Steamed Whiting Fillet Florentine with
Steamed Parsley Potato, Carrots & Beans

A

OR

Moroccan Lamb with Cous Cous, Roast
Pumpkin & Peas.

B

OR

Roast Beef with Gravy, Roast Potato,
Beans & Corn

C

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Cinnamon Apples with Custard

A

OR

Egg Nog Cream Pie with Cream

B

Week 1

Saturday 05 June 2021

Meal:

Beef & Vegetable Pie with Mashed
Potatoes, Cauliflower & Peas

Dessert Choice:

Fruit Salad & Custard

OR

Tinned Fruit

Weekend meals are frozen and delivered on Fridays.

Week 1

Sunday 06 June 2021

Meal:

Roast Turkey with Gravy with Roast Potatoes,
Pumpkin & Beans.

Dessert Choice:

Sultana Cake & Cream

OR

Tinned Fruit

Weekend meals are frozen and delivered on Fridays.

Week 2

Monday 07 June 2021

Meal Choices:

Chicken Korma with Pilaf Rice, Green Beans & a Vegetable Medley.

 A

OR

Lamb & Lentil Casserole with Mashed Potato, Carrots & Peas.

 B

OR

Roast Pork with Gravy, Roast Potato, Carrots & Peas.

 C

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Chocolate Mousse with Cream

 A

OR

Ginger Pudding with Caramel Sauce (ND)

 B

Week 2

Tuesday 08 June 2021

Meal Choices:

Steak & Tomato Casserole with Steamed
Potato, Corn & Brussel Sprouts

OR

Swedish Meatballs with a Cream Cream Sauce,
Mashed Potato, Mixed Vegetables & Carrots.

OR

Roast Chicken with Gravy, Roast Potato,
Roast Pumpkin & Peas.

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Peaches with Custard

OR

Self-Saucing Lemon Pudding
with Cream

Meal Choices:

Sticky Pork Rissole with Mashed Potato,
Corn & Broccoli.

OR

Beef Moussaka with Mashed Potato,
Mixed Vegetables & Beans.

OR

Roast Lamb with Mint Gravy, Roast Potato,
Roast Pumpkin & Broccoli.

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Pavlova with Fruit & Cream

OR

Blueberry Muffin

Week 2

Thursday 10 June 2021

Meal Choices:

Beef Goulash with Steamed Rice,
Corn & Peas.

OR

Chicken Stroganoff with a Steamed Rice,
Peas and Corn.

OR

Roast Beef with Gravy, Roast Potato,
Peas & Carrots.

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Choc. Mint Cheesecake with Cream

OR

Pear Halves & Yoghurt

Week 2

Friday 11 June 2021

Meal Choices:

Tempura Fillet of Fish with Sauteed
Potato, Beans & Combination Vegetables

OR

Portuguese Chicken with Mashed Potato,
Carrots & Beans.

OR

Roast Turkey with Gravy, Roast Potato,
Beans & Corn.

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Raspberry & Pear Crumble with Custard

OR

Apricot Halves with Custard

Week 2

Saturday 12 June 2021

Meal:

Marinated Chicken Drumettes with
Rice, Carrots & Peas.

Dessert Choice:

Carrot Cake with Cream

OR

Tinned fruit

Weekend meals are frozen and delivered on Fridays.

Week 2

Sunday 13 June 2021

Meal:

Beef & Vegetable Ragout with Mashed
Potato, Beans & Corn.

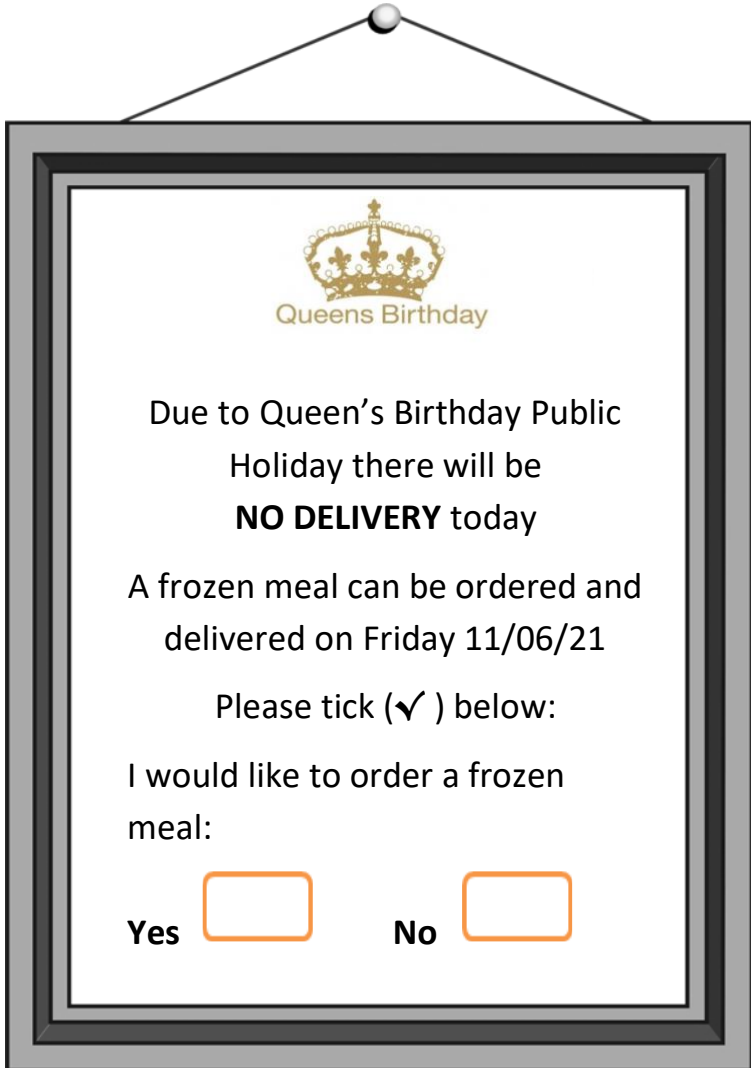
Dessert Choice:


Sliced Apple with Custard

OR

Tinned fruit

Weekend meals are frozen and delivered on Fridays.




Queens Birthday

Due to Queen's Birthday Public
Holiday there will be
NO DELIVERY today

A frozen meal can be ordered and
delivered on Friday 11/06/21

Please tick (✓) below:

I would like to order a frozen
meal:

Yes No

Week 3

Tuesday 15 June 2021

Meal Choices:

Steamed Chicken with Hollandaise Sauce,
Mashed Potato, Roast Sweet Potato & Beans.

A

OR

Irish Stew with Mashed Potato, Butter Beans,
and Combination Vegetables.

B

OR

Roast Pork with Gravy, Roast Potato,
Carrots & Cabbage

C

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Two Fruits with Custard

A

OR

Date Cake with Cream

B

Week 3

Wednesday 16 June 2021

Meal Choices:

Shepherd's Pie with Peas & Carrot

 A

OR

Satay Chicken with Brown Rice,
Beans and Roast Pumpkin

 B

OR

Roast Beef with Gravy, Roast Potato,
Roast Pumpkin & Peas.

 C

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Apple Pie with Custard

 A

OR

Hedgehog Slice with Cream *(ND)

 B

Week 3

Thursday 17 June 2021

Meal choices:

Mango Chicken with Steamed Rice,
Roast Pumpkin & Broccoli.

OR

Seasoned Pork Medallion with Mashed Potato,
Peas and Cauliflower.

OR

Roast Turkey with Gravy, Roast Potato,
Beans & Carrots.

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Lamington Cake with Cream ***(ND)**

OR

Milk Jelly with Cream

Week 3

Friday 18 June 2021

Meal Choices:

Oven Baked Crumbed Fish with Roast Chat
Potato, Zucchini and Veg Combo.

 A

OR

Steak & Kidney Casserole with Steamed
Potato, Corn and Beans.

 B

OR

Roast Lamb with Gravy, Roast Potato,
Carrots & Beans

 C

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Poppy Seed Pana Cotta with Cream.

 A

OR

Lemon Cake with Cream.

 B

Week 3

Saturday 19 June 2021

Meal:

Braised Steak and Onions with Steamed Parsley Potatoes, Broccoli and Carrots.

Dessert Choice:

Custard Danish with Cream ***(ND)**

OR

Tinned Fruit

Weekend meals are frozen and delivered on Fridays.

Week 3

Sunday 20 June 2021

Meal:

Pork Burger with Mashed Potato,
Roast Pumpkin and Beans.

Dessert Choice:

Peaches and Pears with Yoghurt

OR

Tinned Fruit

Weekend meals are frozen and delivered on Fridays.

Week 4

Monday 21 June 2021

Meal Choices:

Grilled Lemon Chicken Florentine with
Mashed Potato, Carrots and Peas.

OR

Lamb & Vegetable Pie with Mashed Potato,
Peas & Cauliflower.

OR

Roast Beef with Gravy, Roast Potato,
Baby Carrots & Peas

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Fruit Salad & Yoghurt

OR

Orange & Poppy Seeds Cake with Cream.

Week 4

Tuesday 22 June 2021

Meal Choices:

Beef Stroganoff with Mashed Potato,
Peas & Butter Beans.

OR

Pork & Apple Casserole with
Saffron Rice, Beans & Corn.

OR

Roast Turkey with Gravy, Roast Potato,
Corn & Peas.

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Marble Cake with Cream

OR

Pear Halves

Week 4

Wednesday 23 June 2021

Meal Choices:

Lasagne Bolognaise with Carrots & Spinach

 A

OR

Chicken Kofta with Polenta,
Corn & Beans

 B

OR

Roast Pork with Apple Gravy, Roast Potato,
Roast Pumpkin & Peas

 C

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Chocolate Ripple Cake *(ND)

 A

OR

Sliced Mango and Yoghurt

 B

Week 4

Thursday 24 June 2021

Meal Choices:

Steak & Mushroom Pie with Lyonnaise
Potato, Carrots and Beans.

OR

Chicken Spinach & Fetta Pasta Bake with
Peas & Carrots.

OR

Roast Lamb with Gravy, Roast Potato,
Cauliflower & Mixed Vegetables

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Peach & Mango Cheesecake with Cream

OR

Cinnamon Apples & Sultana with Custard

Meal Choices:

Salmon Patties with Roasted Chat Potatoes,
Zucchini and Carrots.

OR

San Choy Bow Pork with Brown Rice,
Carrots and Peas.

OR

Roast Chicken with Gravy, Roast Potato,
Zucchini and Carrots

OR

Sandwiches:

Bread Type (Choices on page 32)

Filling Code (Selection on page 32)

Dessert Choices:

Apple Crumble with Custard

OR

Peach Scroll with Cream

Week 4

Saturday 26 June 2021

Meal:

Moroccan Chicken with Steamed Parsley
Potato, Peas and Baked Tomato.

Dessert Choice:

Banana Cake with Cream *(ND)

OR

Tinned fruit

Weekend meals are frozen and delivered on Fridays.

Week 4

Sunday 27 June 2021

Meal:

Veal & Vegetable Ragout with Mashed Potato,
Carrots & Green Beans.

Dessert Choice:

Two Fruit & Custard.

OR

Tinned fruit

Weekend meals are frozen and delivered on Fridays.

Sandwiches

Fresh sandwiches are available for ordering as an extra meal or you may choose to occasionally substitute your regular meal. Sandwiches are accompanied with a snack pack, which includes:

- 1 x Cheese and biscuits snack
- 1 x 100g tub of yoghurt
- 1 x Fresh fruit

*Sandwich plus
snack pack
\$10.50*

Sandwich codes

Bread:

- White Wholemeal Multigrain

Fillings:

- Roast Beef, Roquette and Dijon mustard
- Fresh Chicken, Mayonnaise, Parsley and Lettuce
- Tuna, Spring Onion, Celery, Parsley & Mayonnaise
- Curried Egg and Lettuce
- Ham, Cheese and Tomato
- Salad

Glossary of Menu Terms

Bolognaise:	Meat Sauce
Braised	Oven baked
Involtini:	Stuffed chicken breast
Florentine:	Spinach and cheese
Rendang:	Mild Curry
Hake:	White fish
Carbonara:	Creamy Bacon Sauce
Ragout:	Casserole/stew
Rendang:	Mild Curry
Stir-Fry:	Fry rapidly over high heat while stirring briskly
Moussaka:	Eggplant Lasagne
Tempura:	Light batter
Stroganoff:	Strips of beef cooked in sauce with sour cream
Florentine:	Spinach
San Choy Bow :	Chinese lettuce wraps usually with minced pork
Chasseur:	Brown sauce with mushroom
Korma:	Mildly spiced indian curry



Sweet Potato and Pumpkin Soup with Yoghurt Drizzle

Yield: 4 servings

Recipe source: Dairy Australia



A deliciously warming recipe to keep you snug this Winter.

Ingredients

1	onion (sliced)
1 Clove	Garlic (crushed)
1 Teaspoon	fresh ginger (grated)
1/4 Cup	water
250 Gram	sweet potato (peeled and chopped)
250 Gram	Pumpkin (peeled and chopped)
2	low salt vegetable stock cubes (dissolved in 3 cups boiling water)
2 Cup	skim milk
250 Gram	reduced fat yoghurt
1 Tablespoon (Metric)	Coriander (finely chopped)

Instructions

1. Saute onion, garlic and ginger in a non-stick saucepan with water until tender. Add sweet potato, pumpkin and stock and simmer, uncovered for 15-20 minutes or until tender.
2. Puree mixture until smooth and return to a saucepan. Stir in milk and reheat gently without boiling.

Combine yoghurt and coriander. Ladle soup into serving bowls and top with a swirl of coriander

About Us

Samarinda Ashburton Aged Services' Meals-on-Wheels is an accredited Food Service. We are more than just a meal. Our dedicated and caring volunteers, who deliver our meals, provide a friendly visit with a smile.

We also offer a 3-course meal at our centre Monday to Friday. A roast meal is available on Wednesdays. Come in, dine with us, and enjoy your meal with our community. Transport is available and bookings are essential. Call our office on 9885 6443.

Feedback

We welcome your feedback! Please comment on the quality of the service we provided and your level of satisfaction:



SAMARINDA
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AGED SERVICES INC

Supporting our local community

Meals-On-Wheels

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Supported by:

