



If you expect to be out at delivery time but returning soon, please leave a suitable container at the door for your meal (labelled Meals on Wheels).

Meals on Wheels

If you have any feedback or questions about the meals, please let us know:

Call: 0800 720 000

Email:

mealsonwheels@compass-group.co.nz

or Fax: (09) 525 8419

A vegetarian meal *may* be served as an alternative option if you have certain preferences or dietary needs.

Meals are designed to be eaten at time of delivery. Do **not** freeze or save the meal for the next day.

To place meals on hold or restart, please phone by 8.00am on the day.

If you are admitted to hospital, arrange for a friend or relative to call on your behalf.

An answerphone service is in place for your convenience.

Meals will be invoiced monthly. Payment will not be accepted by the volunteer driver.

Refer to the Meals on Wheels information brochure for more safe food handling tips.



Hot meals are delivered at lunchtime, Monday to Friday.

WEEK 1

Monday

Roast Beef with Roast Potato, seasonal vegetables of the day.

Vegetarian: Macaroni cheese, seasonal vegetables of the day.

Dessert: Madeira Cake with Custard.

Tuesday

Pork & Apple Casserole with Mashed Potato, seasonal vegetables of the day.

Vegetarian: Chickpea Casserole with Steamed Rice, seasonal vegetables of the day.

Dessert: Pear Sponge with Custard.

Wednesday

Savoury Mince with Mashed Potato, seasonal vegetables of the day.

Vegetarian: Vege Bolognese with Spaghetti, seasonal vegetables of the day.

Dessert: Peach Sponge with vanilla sauce.

Thursday

Roast Chicken with Roast Potato, seasonal vegetables of the day.

Vegetarian: Vegetable Quiche, seasonal vegetables of the day.

Dessert: Berry Cheese cake.

Friday

Steak & Kidney Casserole with Mashed Potato, seasonal vegetables of the day.

Vegetarian: Pumpkin & Butterbean Stew, seasonal vegetables of the day.

Dessert: Banana Sponge with Chocolate Sauce.

WEEK 2

Monday

Corned Beef with Mashed Potato, seasonal vegetables of the day.

Vegetarian: Vegetable Loaf with Mashed Potato, seasonal vegetables of the day.

Dessert: Chocolate Mousse.

Tuesday

Roast Pork with Roast Potato, seasonal vegetables of the day.

Vegetarian: Bean Stroganoff, seasonal vegetables of the day.

Dessert: Strawberry Jam Sponge with vanilla sauce.

Wednesday

Fish with parsley sauce and Mashed Potato, seasonal vegetables of the day.

Vegetarian: Vegetable Curry with Steamed Rice, seasonal vegetables of the day.

Dessert: Boysenberry Cheesecake.

Thursday

Beef Casserole with Mashed Potato, seasonal vegetables of the day.

Vegetarian: Macaroni cheese, seasonal vegetables of the day.

Dessert: Lemon Slice.

Friday

Sweet & Sour Pork with Steamed Rice, seasonal vegetables of the day.

Vegetarian: Chickpea Casserole with Steamed Rice, seasonal vegetables of the day.

Dessert: Chocolate Pudding with Chocolate Sauce.

WEEK 3

Monday

Meatloaf with Mashed Potato, seasonal vegetables of the day.

Vegetarian: Vege Bolognese with Spaghetti, seasonal vegetables of the day.

Dessert: Baked Sultana Pudding and Vanilla sauce.

Tuesday

Chicken & Apricot Casserole with Mashed Potato, seasonal vegetables of the day.

Vegetarian: Vegetable Quiche, seasonal vegetables of the day.

Dessert: Chocolate Mousse.

Wednesday

Roast Lamb with Roast Potato, seasonal vegetables of the day.

Vegetarian: Pumpkin & Butterbean Stew, seasonal vegetables of the day.

Dessert: Golden Sponge with Custard.

Thursday

Spaghetti Bolognese, seasonal vegetables of the day.

Vegetarian: Vegetable Loaf with Mashed Potato, seasonal vegetables of the day.

Dessert: Coconut Brownie with cream.

Friday

Fish Pie with Mashed Potato Topping, seasonal vegetables of the day.

Vegetarian: Bean Stroganoff, seasonal vegetables of the day.

Dessert: Apple Crumble with Vanilla Sauce.

Note: Vegetarian cycle is made up of an 8 day and a 7 day cycle of popular meals.