

# WINTER MENU

Meals on Wheels
Maroochydore

(Frozen Meals)

JUNE - AUGUST 2024

SOUP

ESSERT

### PUMPKIN VEGETARIAN – GLUTEN & DAIRY FREE

Creamy Pumpkin Soup

### STEAMED FISH GLUTEN & DAIRY FREE

White Fish Fillets topped with a Lemon & Chive Butter Sauce

## PUMPKIN RISOTTO VEGETARIAN – GLUTEN & DAIRY FREE

Sweet Butternut Pumpkin & Baby Spinach Risotto

#### **BANOFFEE CHEESECAKE**

Banana Toffee Cheesecake on a Crunchy Biscuit Base

### MISO VEGETARIAN – GLUTEN & DAIRY FREE

Savoury Japanese Broth with Noodles & Tofu

## COTTAGE PIE GLUTEN & DAIRY FREE

Home Style Cottage Pie with Creamy Potato Mash

#### LAMB MADRAS

Mildly Spicy Fragrant Tomato-Based Lamb Curry with Rice

#### SAGO GLUTEN FREE

Creamy Coconut Tapioca Sago Pudding

#### MINESTRONE

**VEGETARIAN – DAIRY FREE** 

Tomato Vegetable Soup with Rissoni Pasta

### ROAST CHICKEN GLUTEN & DAIRY FREE

Roasted Chicken Breast with Roast Vegetables & Gravy

### CHICKEN CACCIATORE GLUTEN & DAIRY FREE

Tomato & Olive Braised Italian Chicken Casserole

### STICKY DATE PUDDING GLUTEN & DAIRY FREE OPTION

Luscious Date Pudding with Caramel Custard

#### MUSHROOM VEGETARIAN – DAIRY FREE

Creamy Mushroom Soup

#### LENTIL CURRY

**VEGETARIAN – GLUTEN & DAIRY FREE** 

Mild Indian Inspired Yellow Split Pea & Lentil Curry with Rice

#### **MONGOLIAN BEEF**

Tender BBQ Beef with Soy Sauce and Vegetables

### CHOCOLATE MOUSSE

Light & Fluffy Chocolate Mousse

### PEA & HAM GLUTEN & DAIRY FREE

Traditional Pea & Ham Soup

# BRAISED BEEF & DUMPLINGS

Tender Braised Beef with Onions & Dumplings

### DEVILLED SAUSAGES GLUTEN & DAIRY FREE

Grilled Pork Sausages with a Sweet & Savory Sauce

#### **PUMPKIN PIE**

**GLUTEN & DAIRY FREE OPTION** 

Sweet Pumpkin Pie with Brandy Sauce & Nutmeg

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