# HOT MEALS CYCLE 3

## MONDAY

Main: Savoury mince

 Mashed potato & 2 vegetables Vegetarian: Vegetarian moussaka

Dessert: Creamy sago with apricots

## TUESDAY

Main: Lamb curry

 Rice and 2 vegetables Vegetarian: Vegetable bake Dessert: Peach sponge & custard

## WEDNESDAY

Main: Roast chicken & gravy

Mashed potato & 2 vegetables Vegetarian: Crustless quiche

Dessert: Self-saucing ginger & date

pudding

## THURSDAY

Main: Corned beef & mustard sauce Mashed potato & 2 vegetables

Vegetarian: Spicy tomato and lentil sauce
 with pasta

Dessert: Apple crumble and custard

## FRIDAY

Main: Chicken & mushroom risotto

 Mashed potato & 2 vegetables

Vegetarian: Mushroom tofu and pumpkin

 risotto

Dessert: Berry mousse and pears

# HOT MEALS CYCLE 4

## MONDAY

Main: Pork and plum casserole

 Mashed potato & 2 vegetables Vegetarian: Lentil & tomato quiche

Dessert: Creamy rice with sultanas

## TUESDAY

Main: Roast beef and gravy

 Mashed potato & 2 vegetables

Vegetarian: Vege curry

Dessert: Pineapple upside down pudding

## WEDNESDAY

Main: Savoury mince

 Mashed potato & 2 vegetables

Vegetarian: Spicy tomato & lentil sauce
 with pasta

Dessert: Apricot shortcake and custard

## THURSDAY

Main: Satay chicken,

 Rice & stir-fry vegetables Vegetarian: Satay stir-fry veges with tofu

Dessert: Dominion pudding and custard

## FRIDAY

Main: Minted lamb casserole

 Mashed potato & 2 vegetables

Vegetarian: Crustless quiche

Dessert: Fruit fool

MEALS ON WHEELS

*from Zacs Kitchen*

**HOT MEAL SELECTION**

Main meal & dessert $7.80 Phone 06 834 1836

Email: mealsonwheels@hbdhb.govt.nz For more information go to:

[**www.ourhealthhb.nz/meals**](http://www.ourhealthhb.nz/meals) **on wheels**

**MEALS ON WHEELS**

Hot meals are delivered Monday to Friday except public holidays.

It is expected that the hot meals are eaten at the time of delivery and not kept for the evening.

Frozen meals are available for weekends, public holidays and if you prefer to eat your meal in the evening.

Please provide a suitable container if you are out when delivery is expected.

From time to time we need to change the menu and apologise in advance should this happen.

# HOT MEALS CYCLE 1

## MONDAY

Main: Smoked fish pasta

 Mashed potato & 2 vegetables Vegetarian: Vegetarian moussaka

Dessert: Crème Brulee and peaches

## TUESDAY

Main: Sweet and sour pork stir-fry

 Mashed potato & 2 vegetables

Vegetarian: Vegetable bake

Dessert: Hummingbird cake

## WEDNESDAY

Main: Roast beef and gravy

 Mashed potato & 2 vegetables

 Vegetarian: Crustless quiche

Dessert: Apple and boysenberry crumble and vanilla sauce

## THURSDAY

Main: Fragrant chicken casserole

 Rice & 2 vegetables

Vegetarian: Spicy tomato and lentil sauce
 with pasta

Dessert: Butterscotch cream & fruit salad

### FRIDAY

Main: Beef casserole

 Mashed potato & 2 vegetables

 Vegetarian: Mushroom, tofu & p/kin risotto

Dessert: Apricot sponge and custard

# HOT MEALS CYCLE 2

## MONDAY

Main: Butter chicken

 Rice & 2 vegetables

Vegetarian: Lentil & tomato quiche

Dessert: Vanilla blancmange & apricots

## TUESDAY

Main: Spaghetti bolognaise

 Spiral pasta & 2 vegetables
Vegetarian: Vegetable curry

Dessert: Apple date shortcake & custard

## WEDNESDAY

Main: Sausages in onion gravy

 Mashed potato & 2 vegetables
Vegetarian: Spicy tomato and lentil sauce with pasta

Dessert: Caramel mousse

## THURSDAY

Main: Beef Stroganoff

 Mashed potato & 2 vegetables

Vegetarian: Satay stir-fry veges with tofu

Dessert: Carrot Cake

### FRIDAY

Main: Roast pork and gravy

 Mashed potato & 2 vegetables

Vegetarian: Crustless quiche

Dessert: Creamy rice and peaches

***Updated 10/2/2022***