

HOT MEALS CYCLE 3

MONDAY

Main: Savoury mince
Mashed potato & 2 vegetables

Vegetarian: Eggs au gratin

Dessert: Creamy sago with apricots

TUESDAY

Main: Lamb curry
Rice & 2 vegetables

Vegetarian: Silverbeet 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 lentil tomato sauce with
pasta

Dessert: Apple crumble and custard

FRIDAY

Main: Chicken & mushroom risotto
Mashed potato & 2 vegetables

Vegetarian: Mushroom tofu & pumpkin
risotto

Dessert: Berry mousse and pears

HOT MEALS CYCLE 4

MONDAY

Main: Pork & 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: Vege lasagne

Dessert: Apple shortcake and custard

THURSDAY

Main: Satay chicken,
Rice & stir-fry vegetables

Vegetarian: Vege frittata

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 on wheels](http://www.ourhealthhb.nz/meals_on_wheels)

MEALS ON WHEELS

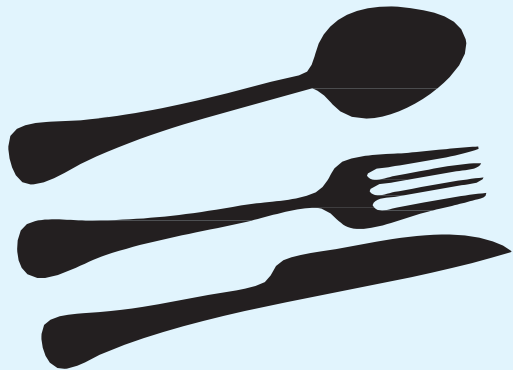
Hot meals are delivered Monday to Friday except public holidays.

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: Eggs au gratin

Dessert: Crème Brulee

TUESDAY

Main: Sweet and sour pork stir-fry
Mashed potato & 2 vegetables

Vegetarian: Silverbeet bake

Dessert: Hummingbird cake

WEDNESDAY

Main: Roast beef & gravy
Mashed potato & 2 vegetables

Vegetarian: Crustless quiche

Dessert: Apple & boysenberry crumble
& vanilla sauce

THURSDAY

Main: Fragrant chicken casserole
Rice & 2 vegetables

Vegetarian: Spicy lentil tomato sauce with
pasta

Dessert: Butterscotch cream & fruit salad

FRIDAY

Main: Beef stroganoff
Scalloped potato & 2 vegetables

Vegetarian: M/room, tofu & p/kin risotto

Dessert: Apricot sponge & custard

HOT MEALS CYCLE 2

MONDAY

Main: Butter chicken
Rice & 2 vegetables

Vegetarian: Lentil & tomato quiche

Dessert: Vanilla blancmange & apricots

TUESDAY

Main: Spaghetti bolognese
Spiral pasta & 2 vegetables

Vegetarian: Vegetable curry

Dessert: Apple date shortcake
& custard

WEDNESDAY

Main: Sausages in onion gravy
Mashed potato & 2 vegetables

Vegetarian: Vegetarian lasagne

Dessert: Carrot cake

THURSDAY

Main: Beef Stroganoff
Mashed potato & 2 vegetables

Vegetarian: Vege frittata

Dessert: Caramel mousse

FRIDAY

Main: Roast pork and gravy
Mashed potato & 2 vegetables

Vegetarian: Crustless quiche

Dessert: Creamy rice and peaches

Updated 13/9/2021