

HOT MEALS CYCLE 3

MONDAY

Main: Savoury mince
Mashed potato & 2 vegetables

Vegetarian: Vegetarian moussaka

Dessert: Fruit fool

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 casserole
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: Hummingbird cake

TUESDAY

Main: Roast beef and gravy
Mashed potato & 2 vegetables

Vegetarian: Vegetable 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: Peach crumble and custard

Te Whatu Ora

Health New Zealand

Te Matau a Māui Hawke's Bay

MEALS ON WHEELS

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

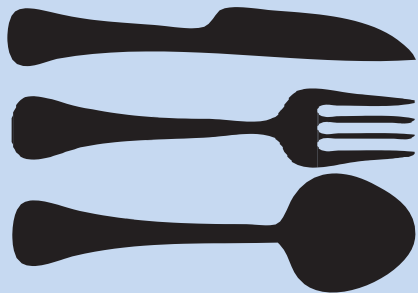
Hot meals are delivered Monday to Friday except public holidays.

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:	Vegetarian moussaka
Dessert:	Crème Brulee and peaches

TUESDAY

Main:	Fragrant chicken casserole Rice & 2 vegetables
Vegetarian:	Spicy tomato and lentil sauce with pasta
Dessert:	Apple & boysenberry crumble & vanilla sauce

WEDNESDAY

Main:	Honey pork braise Mashed potato & 2 vegetables
Vegetarian:	Crustless quiche
Dessert:	Trifle

THURSDAY

Main:	Roast beef and gravy Mashed potato & 2 vegetables
Vegetarian:	Vegetable bake
Dessert:	Creamy sago with 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 bolognese Spiral pasta & 2 vegetables
Vegetarian:	Vegetable curry
Dessert:	Chocolate mousse

WEDNESDAY

Main:	Sausages in onion gravy Mashed potato & 2 vegetables
Vegetarian:	Spicy tomato and lentil sauce with pasta
Dessert:	Apple & date shortcake & custard

THURSDAY

Main:	Beef Stroganoff Mashed potato & 2 vegetables
Vegetarian:	Vegetarian lasagne
Dessert:	Carrot Cake

FRIDAY

Main:	Roast pork and gravy Mashed potato & 2 vegetables
Vegetarian:	Crustless quiche
Dessert:	Creamy rice and peaches