

## 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](mailto: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

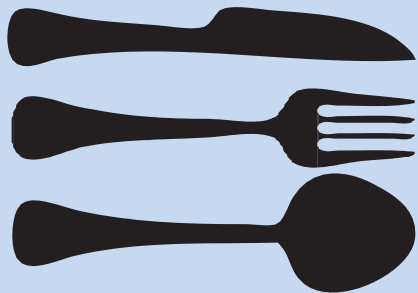
Hot meals are delivered Monday to Friday except public holidays.

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:	Roast beef and gravy Mashed potato & 2 vegetables
Vegetarian:	Crustless quiche
Dessert:	Creamy sago with fruit salad

### THURSDAY

Main:	Sweet & sour pork stir-fry Mashed potato & 2 vegetables
Vegetarian:	Vegetable bake
Dessert:	Trifle

### 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