OUR SEASONAL MENU-SUMMER 2025



•	Cream of Tomato	Lentil, Bacon and Corn	Sweet Potato, Sour Cream & Chives	Chicken and Sage	Cream of Carrot
SOUP	Made with ripe diced tomatoes pureed smooth and finished with cream.	A delicious blend of bacon, corn and lentils make this soup particularly satisfying. Almost a meal in itself	Sweet potato and onions sautéed until soft, chicken stock, blended until smooth, finished with sour cream & chives.	A chunky soup made with vegetables and chicken with a hint of sage	A delicate and creamy soup made with gently sautéed onion and fresh carrots then pureed smooth and silky
URSE	Braised Steak & Onion Casserole	Mixed Grill with Onion Gravy	Roast Chicken with Stuffing	Lamb & Rosemary Casserole	Tuna Pasta Bake
	A hearty casserole made with tender chunks of beef & lashings of onions. Served with mashed potatoes,peas & pumpkin	Beef chipolata, Chicken patty and lamb loin chop served with onion gravy, baked chats potatoes, whole baby beans and half a grilled tomato	Roasted chicken thigh with stuffing served in the traditional way with roast potatoes, roast carrots & peas Gravy	A hearty casserole made with chunks of lamb, red wine and winter root vegetables Served with mashed potato, carrots, cauliflower & broccoli	Tuna, vegetables & pasta in traditional white sauce, topped with cheese and then oven baked, Served with pumpkin & green beans
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MAIN COURSE	Fish Fillet with Lemon Caper Butter	Honey Mustard Chicken Casserole	Ham Salad	Chicken Plate	Beef Curry
	A hearty casserole made with tender chunks of beef & lashings of onions. Served with saute potato, Carrot rings & broccoli	Diced chicken pieces cooked with Dijon mustard, honey, celery, carrots then baked. Served with sweet potato mash, broccoli, capsicum, carrot, cauliflower & beans.	Sliced Ham served with a homemade potato salad accompanied with a cos lettuce, tomato, cucumber, red onions & Dijonnaise	Grilled then chilled, chicken breast served with a pasta salad tossed in tomato dressing, cheese cubes, tomato, cucumber & iceberg lettuce	A mild aromatic curry made with chunky pieces of beef in a rich tomato base. Served with rice broccoli, carrot, red capsicum, baby corn and sugar snap peas
DESSERT	Apricot Pudding with Apricot Glaze	Fruit Salad and Yoghurt	Sliced Peaches with Raspberry Jelly	Lemon Cheesecake	Sticky Date Pudding
	A comforting and old-fashioned pudding, this dessert highlights apricots.	Diced fruit salad served with a generous amount of creamy vanilla yoghurt.	Sliced peaches set in a raspberry jelly	Our lemon cheesecake recipe has a biscuit crust and a dreamy cheesecake filling that's made with Philadelphia cream cheese & lemon juice.	A firm favourite. Our recipe features a generous amount of plump dates. Served with vanilla custard

OUR SEASONAL MENU-SPRING

Vegetable	Cream of Chicken & Mushroom	Lentil and Vegetable	Cream of Zucchini	Potato and Chives
A hearty chunky broth made with seasonal fresh vegetables.	Juicy, tender chicken is paired with fresh mushrooms and onions along with cream in this delicious soup then finished with spring onions	This simple perennial favourite is made with fresh pumpkin and onion, with a touch of nutmeg.	Our simple recipe for Cream of Zucchini Soup has a delicious mix of potatoes, onions with cream then pureed for a silky texture	A traditional creamy potato soup subtly complimented by the addition of cream & chives
Lemon & Herb Crusted Chicken	Crumbed Fish & Tartare Sauce	Chunky Beef Steak Casserole	Roast Lamb with Gravy & Mint Sauce	Chicken & Corn Quiche
Baked chicken with a delicious lemon herb crust, placed on a bed of rich gravy Served with sweet potato mash, roast carrots & peas	Crumbed fillet of fish Served with tartare sauce, potato wedges, baby beans & pumpkin	Diced beef casserole cooked with chunky vegetables served with mashed potato, red cabbage & peas	Traditional roasted lamb leg served with baked chat potatoes, roast carrots, green beans. Gravy & mint sauce	A crust-less quiche made with succulent chicken pieces, corn, tasty cheese. Served with broccoli & roast sweet potato
Pork and Plum Stir Fry	Meatballs in Italian Tomato Sauce	Creamy Tuna & Pasta Salad	Silverside Beef Salad	Spanish Beef
Tender pork pieces cooked with julienne carrots and zucchini in a plum sauce. Served with Chinese hokkien noodles, Asian inspired vegetables	Made with freshly ground beef mince, balled & baked Served in a rich tomato sauce made with Italian herbs with a side of mashed potatoes, carrots, cauliflower & broccoli	Creamy mayonnaise Pasta Salad with dill and a hint of lemon juice tossed all together with tuna, cherry tomato, celery, dill pickles, red onions & capers	Slices of silverside accompanied with potato salad, cheese, lettuce, cucumber, tomato & cornichons Served with fruit chutney	A hearty and comforting meal containing mustard, onions, tomato and rice all slowly cooked together. Served with carrots & green beans

South Australia

MEALS ON WHEELS.

Deconstructed	Pineapple	Two Fruits and	Panna Cotta	French Vanilla Mousse
Apricot Crumble	Upside Down Cake	Custard	with Mango Coulis	with Peaches
Stewed apricots, topped with a classic crumble topping. Served with vanilla custard	This classic and retro pineapple upside down cake is soft and buttery with a caramelized brown sugar pineapple	A simple yet satisfying dessert, Vanilla Custard with peaches and pears	A delicate Italian dessert made with milk and cream and served with a drizzle of mango coulis	A rich velvety vanilla mousse served with sliced peaches

DESSERT

SOUP

OUR SEASONAL MENU-SPRING

MEALS	South
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	Scotch Broth	Zucchini & Potato	Tomato and Basil	Thai Pumpkin	Cream of Vegetable
SOUP	Scotch broth is a soup originating in Scotland. The principal ingredients are barley, beef & root vegetables	Fresh zucchini cooked and blended with potatoes creates this velvety textured soup	A sweet and zesty soup made with ripe diced tomatoes and fresh sweet basil	This Thai pumpkin soup recipe is made especially creamy with the addition of coconut milk, while the curry and garlic lend depth without the heat	This easy vegetable soup is creamy and indulgent, but bursting with goodness, made with seasonal vegetables
URSE	Apricot Chicken Casserole	Lamb Hot Pot	Roast Pork Gravy & Apple Sauce	BBQ Chicken	Barramundi with Lemon Herb Butter
	This family favorite of succulent chicken and juicy apricots deliver full rich flavors. Served with steamed rice, steamed carrots & green beans	A slow-cooked classic hot pot is perfect for a hearty family meal with lean lamb chunks and fresh vegetables. Served with creamy mashed potato, peas & steamed pumpkin.	A traditional pork roast Served with roast potato, sauté red cabbage, green & yellow beans	Oven baked chicken thigh coated with a flavoursome seasoning. Served with baked chat potato, baked carrots & peas Gravy	Gently baked fillet of Barramundi with lemon herb butter mix Served with mashed potato, roast pumpkin & whole baby beans
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MAIN COURSE	Pork Schnitzel & Gravy	Parmesan Crusted Fish	Chicken & Pasta Salad	Ploughman's Lunch - Ham	Mongolian Lamb
	Lightly crumbed tender pork fillet Served with mashed potato, roast pumpkin & broccoli Gravy	The fish is full of flavour with a crunchy parmesan topping and a hint of lemon flavour. Served with potato wedges, carrots, cauliflower & broccoli	Creamy avocado mayonnaise Pasta Salad with bacon bits, corn, red onion, cucumber & cherry tomato topped with a grilled chicken piece & parmesan cheese	Traditional Ploughman's lunch containing sliced ham, coleslaw, cheese, cos lettuce, cucumber, tomato & cornichons Served with fruit chutney	Tenderised & marinated lamb in a dark sweet-savoury sauce perfumed with Chinese flavours. Served with steamed rice, broccoli, capsicum, carrot, cauliflower & beans
DESSERT	Chocolate Mud Cake	Deconstructed Apple Crumble	Orange Cake with Custard	Sliced Peaches and Custard	Orange Jelly Mandarin Segments
	Chocolate mud cake is a delicious rich and decadent chocolate cake. This taste so moist and fudgy which makes you crave more	Stewed sliced apples with rhubarb, topped with a classic crumble topping. Served with full cream custard	Made with fresh orange juice, zest, this Ultimate Orange Cake recipe packs a citrus punch in every bite Served with vanilla custard	A simple yet satisfying dessert, Vanilla Custard with Peach slices	Set Orange Jelly topped with Mandarin Segments

OUR SEASONAL MENU-SPRING



D	Green Split Pea	Tomato	Cream of Broccoli	Sweet Potato and Pumpkin	Chicken & Leek		
SOUP	This split pea soup with potatoes, carrots, celery, and chunks of ham is the perfect comfort food on a cold and blustery day	You're going to love this classic tomato soup recipe! Made with celery, onions, tomatoes and pureed smooth	A delicate and creamy soup made with gently sautéed onion and fresh broccoli	Sweet potato, pumpkin and onions sautéed until soft then blended until silky smooth & finished with cream	A healthy vegetable and protein packed soup that is hearty and satisfyingly made with fresh leeks & chunky chicken pieces		
	Fish with Herb Crust	Beef Sausages Onion Gravy	Chicken Schnitzel & Gravy	Sticky BBQ Pork	Braised Beef Caserole with Creamy Peppercorn Sauce		
COURSE	Fish fillet topped with a zesty herb crust then baked is the perfect yet simple weekday lunch, Served with steamed chat potatoes, pumpkin, green & yellow beans	Locally made beef sausages Served with lashings of mashed potato, peas & carrots Topped with onion gravy	Lightly crumbed breast of chicken cooked until golden. Served with mashed sweet potato, cauliflower & peas gravy	Pork scotch steak marinated in chinese BBQ sauce then braised until tender Served with baked chat potato, carrot rings & broccoli	Braised diced beef with a creamy mild peppercorn sauce. Served with mashed potato, roast pumpkin & green beans		
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MAIN	Lamb Tagine	Eggplant Moussaka	Ploughman's Lunch -Corned Beef-	Chicken Salad	Steamed Fish with Hollandaise Sauce		
	A sweet & savoury seasoning mix with honey and dried apricots finished with tomatoes. Served with steamed rice, carrot, cauliflower & broccoli	A vegetarian Greek moussaka made with eggplants, potatoes, lentils and topped off with a creamy sauce then baked Served with rosemary roast potatoes and whole baby beans.	Traditional Ploughman's lunch consisting of potato salad, tomatoes, cheese, pickled onions, cucumber, lettuce & sliced corned beef and a dollop of mustard pickles	Grilled then chilled chicken breast served with coleslaw, lettuce, tomato, cucumber, red onion Served with a separate Balsamic Dressing Portion	A gently steamed fillet of fish topped with hollandaise sauce Served with rustic potato wedges, broccoli, beans, capsicum, carrots & cauliflower		
SERT	Banana Cake with Custard	Chocolate Panna Cotta with Mixed Berry Coulis	Fruit Salad and Yoghurt	Trifle	Apple & Cinnamon Cake		
DESSE	A moist cake made with fresh bananas, spiced with cinnamon Served with vanilla custard	A delicate Italian dessert made with chocolate milk and cream and served with a drizzle of mixed berry coulis.	Fruit Salad mix served with creamy yoghurt	A time old favourite, layers of fruit and sponge jam roll in raspberry jelly topped with custard, whipped cream and finished with a sprinkle of chocolate hail	perfect balance of moist and fluffy cake with juicy apples and the warm, comforting flavor of cinnamon in every bite		