



GYMPIE MEALS ON WHEELS

Celebrating 55 Years of Serving the Community

Winter Menu 2026

Client Details

Client Name: _____

Run Number: _____

Menu Cycle Start Date: _____

Menu Cycle End Date: _____

Gympie Meals on Wheels (GMOW)

8 Fern St, Gympie QLD 4570

Phone: **(07) 5482 3342**

Email: adminmeals@spiderweb.com.au



WELCOME

Ordering & Safety Guide

How to Use This Booklet

- **Ordering:** Tick the box next to each menu item you would like to receive.
- **Special Availability:** Fresh scones are available on **Wednesdays** only.
- **Returns:** Please return your completed booklet to your volunteer driver or the office.

Heating & Food Safety Guidelines

Heating Instructions: Microwave for 2-3 minutes or until steaming hot (75°C). For frozen meals, thaw overnight in the fridge first for best results.

Safety Note: Do not refreeze thawed meals. Discard any uneaten heated portions.

Winter 2026 Rotation Menu

Week 1

Monday MAIN COURSE Chicken Schnitzel & Gravy SOUP Tomato & Lentil DESSERT Caramel & Dollop Cream 	Wednesday MAIN COURSE Grilled Fish (Barramundi) w/ Lemon Herb Butter SOUP Mushroom & Bacon DESSERT Strawberry Cheesecake 	Friday MAIN COURSE Beef Casserole SOUP Pumpkin & Bean DESSERT Passionfruit Sponge & Cream
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Week 2

Monday MAIN COURSE Salmon & Hollandaise Sauce SOUP Beef & Vegetable DESSERT Apple Crumble & Custard 	Wednesday MAIN COURSE Chicken Rissoles & Mushroom Gravy SOUP Chicken Coconut Curry & Noodle DESSERT Hummingbird Cake 	Friday MAIN COURSE Lamb Roast & Rosemary Gravy SOUP Pumpkin & Coconut DESSERT Chocolate Cake w/ Raspberry Jam & Cream
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Week 3

Monday MAIN COURSE Savoury Mince SOUP Pea & Ham DESSERT Lamington & Cream 	Wednesday MAIN COURSE Honey & Chilli Soy Chicken & Fried Rice SOUP Lamb & Vegetable DESSERT Lemon Basque Cheesecake & Cream 	Friday MAIN COURSE Pork Roast w/ Plum Sauce & Gravy SOUP Beef & Barley DESSERT Carrot Cake w/ Cream Cheese & Walnuts
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Week 4

Monday MAIN COURSE Tuscan Meatballs SOUP Chicken & Vegetable DESSERT Crepes w/ Blueberry Compote & Cream 	Wednesday MAIN COURSE Shepherd's Pie w/ Sweet Potato Top SOUP Mushroom & Bacon DESSERT Sticky Date Pudding w/ Caramel & Cream 	Friday MAIN COURSE Chicken Lasagna SOUP Beef & Vegetable DESSERT Cherry, Coconut & Choc Syrup Cheesecake
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Winter 2026 Rotation Menu

Week 5

Monday MAIN COURSE Crumbed Fish & Tartare Sauce SOUP Tomato & Lentil DESSERT Jam & Custard Donut 	Wednesday MAIN COURSE Pork Sausages w/ Apple Relish & Gravy SOUP Pumpkin & Coconut DESSERT Vanilla Slice 	Friday MAIN COURSE Apricot Chicken & Potato Bake SOUP Lamb & Vegetable DESSERT Tiramisu
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Week 6

Monday MAIN COURSE Bacon & Vegetable Frittata SOUP Pumpkin & Bean DESSERT Lemon & Coconut Slice w/ Cream 	Wednesday MAIN COURSE Spaghetti Bolognese SOUP Chicken & Vegetable DESSERT Orange & Almond Cake w/ Cream 	Friday MAIN COURSE Honey Mustard Chicken Casserole SOUP Pea & Ham DESSERT Gingerbread Slice w/ Pears & Custard
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Week 7

Monday MAIN COURSE Garlic Prawns & Rice SOUP Chicken coconut curry & noodle DESSERT Prunes or Apples/w custard 	Wednesday MAIN COURSE Roast Chicken w/Herb garlic gravy SOUP Beef & Barley DESSERT Pannacotta w/mango coulis and cream 	Friday MAIN COURSE Ham, Spinach & Cheese Quiche SOUP Pumpkin & Coconut DESSERT Choc Mint Cheesecake
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