



MONDAY	WEDNESDAY	FRIDAY
YOU MUST ORDER BEFORE 11:00AM ON FRIDAY	YOU MUST ORDER BEFORE 11:00AM ON MONDAY	YOU MUST ORDER BEFORE 11:00AM ON WEDNESDAY
<p>Meat</p> <p><input type="checkbox"/> Beef Goulash with rice or mashed potato</p> <p><input type="checkbox"/> Beef Cabbage Roll</p> <p><input type="checkbox"/> Meat Lasagne</p> <p><input type="checkbox"/> Slow Cooked Osso Bucco with rice (4th Monday of month ONLY)</p> <p>Chicken</p> <p><input type="checkbox"/> Apricot Chicken with rice</p> <p><input type="checkbox"/> Chicken Pizzaiola with rice</p> <p><input type="checkbox"/> Chicken Schnitzel with mash</p> <p><input type="checkbox"/> Roast Chicken with rice</p> <p>Fish</p> <p><input type="checkbox"/> Baked Salmon with mash</p> <p>Vegetarian</p> <p><input type="checkbox"/> Vegetable Curry (mild) with rice</p>	<p>Meat</p> <p><input type="checkbox"/> Beef Stroganoff with rice</p> <p><input type="checkbox"/> Spaghetti Bolognese</p> <p><input type="checkbox"/> Shepherd's Pie</p> <p>Chicken</p> <p><input type="checkbox"/> Chicken Paprika with rice</p> <p><input type="checkbox"/> Chicken Thigh Schnitzel with mash</p> <p>Fish</p> <p><input type="checkbox"/> Fried Fish with rice</p> <p><input type="checkbox"/> Grilled Salmon with mash</p> <p>Vegetarian</p> <p><input type="checkbox"/> Couscous with grilled vegetables</p>	<p>Meat</p> <p><input type="checkbox"/> Beef Meatballs in tomato sauce, with mash</p> <p><input type="checkbox"/> Beef Goulash with rice</p> <p><input type="checkbox"/> Brisket with mash</p> <p>Chicken</p> <p><input type="checkbox"/> Chicken Schnitzel with mash</p> <p><input type="checkbox"/> Roast Chicken</p> <p>Fish</p> <p><input type="checkbox"/> Baked Salmon with mash</p> <p><input type="checkbox"/> Fried Fish Balls</p>
<p>Soup</p> <p><input type="checkbox"/> Chicken Soup with noodles</p> <p><input type="checkbox"/> Vegetable Soup</p> <p>Dessert</p> <p><input type="checkbox"/> Cake</p> <p><input type="checkbox"/> Fruit Compote</p>	<p>Soup</p> <p><input type="checkbox"/> Lentil Soup</p> <p><input type="checkbox"/> Pumpkin Soup</p> <p>Dessert</p> <p><input type="checkbox"/> Cake</p> <p><input type="checkbox"/> Fruit Compote</p>	<p>Soup</p> <p><input type="checkbox"/> Chicken Soup with matzo ball</p> <p><input type="checkbox"/> Vegetable Soup</p> <p>Dessert</p> <p><input type="checkbox"/> Cake</p> <p><input type="checkbox"/> Fruit Compote</p>



COA KOSHER MEALS ON WHEELS

Quality meals. Home delivered.



Cancellations

Cancellations must be given a minimum of 48 hours in advance or you may be charged for the meals.

Changes to Menu

All menu changes require a minimum of 48 hours notice.

Praise or Complaint

Contact COA reception or talk to the meals coordinator Mon, Wed or Fri before 11am

For all orders, cancellations, menu changes, or to register praise or a complaint, call COA on **9389 0035**

Heating Instructions

FRESH FOOD

Store in fridge until ready to consume.

MICROWAVE: Pierce film with fork several times before microwaving and heat for 1-2 minutes.

OVEN: Place in preheated oven with seal on for 10 minutes at 160—180°C.

FROZEN FOOD

Store in freezer. Take out of freezer and defrost in the fridge overnight.

Note: food should be thawing in the fridge at least *12 hours prior* to heating

MICROWAVE: Pierce film with fork several times before microwaving and heat for 1-2 minutes. If not enough heat for another 1 minute at a time.

OVEN: Place in preheated oven with seal on for 10 minutes at 160—180°C.

Note: DO NOT heat food directly from the freezer in the microwave. If you do you are actually cooking the food again!!!! This changes the quality of our meals and they will not taste as nice as they should.

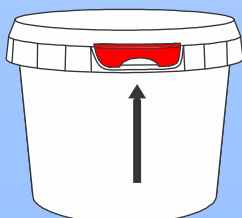
FRESH SOUP

MICROWAVE: Lift seal on one side and then heat for 1 minute.

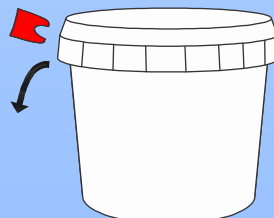
If 1 minute is not enough heat for another 1 minute at a time

FROZEN SOUP

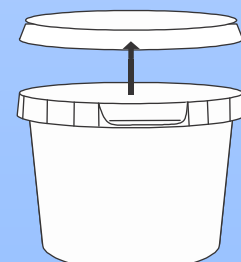
EITHER defrost in fridge overnight and then heat in microwave as above **OR** remove lid (see instructions below) and defrost in microwave.



1. Find the plastic tab on the side of the lid



2. Pull the tab down and break off



3. Lift off the top part of the lid