

**Meals Service – Week 3 Menu Ph. 9880 4703**

**Week commencing Monday \_\_\_\_\_**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

*Please tick box A, B or C to order your Main Course.  
Please tick the box if you would like Dessert or Fresh Fruit & Soup, in addition to your Main/Salad. All hot main meals are served with vegetables.*

**MONDAY**

- |                                   |                           |                          |                    |
|-----------------------------------|---------------------------|--------------------------|--------------------|
| <b>A</b> <input type="checkbox"/> | Crumbed Fish Fillets      | <input type="checkbox"/> | Fruit Salad        |
| <b>B</b> <input type="checkbox"/> | Red Wine & Beef Casserole | <input type="checkbox"/> | Fresh Fruit        |
| <b>C</b> <input type="checkbox"/> | Chicken Salad             | <input type="checkbox"/> | Double Tomato Soup |

**TUESDAY**

- |                                   |               |                          |               |
|-----------------------------------|---------------|--------------------------|---------------|
| <b>A</b> <input type="checkbox"/> | Roast Chicken | <input type="checkbox"/> | Baked Custard |
| <b>B</b> <input type="checkbox"/> | Lamb Rissoles | <input type="checkbox"/> | Fresh Fruit   |
| <b>C</b> <input type="checkbox"/> | Harvest Salad | <input type="checkbox"/> | Mushroom Soup |

**WEDNESDAY**

- |                                   |  |                          |                       |
|-----------------------------------|--|--------------------------|-----------------------|
| <b>A</b> <input type="checkbox"/> | Beef Sausages & Gravy                  | <input type="checkbox"/> | Cherry Bakewell Tart  |
| <b>B</b> <input type="checkbox"/> | Apple Cider Pork & Maple Bacon Chutney | <input type="checkbox"/> | Fresh Fruit           |
| <b>C</b> <input type="checkbox"/> | Farmhouse Salad                        | <input type="checkbox"/> | Cream of Spinach Soup |

**THURSDAY**

- |                                   |                          |                          |                          |
|-----------------------------------|--------------------------|--------------------------|--------------------------|
| <b>A</b> <input type="checkbox"/> | Honey Soy Chicken & Rice | <input type="checkbox"/> | Chocolate Cheesecake     |
| <b>B</b> <input type="checkbox"/> | Roast Turkey             | <input type="checkbox"/> | Fresh Fruit              |
| <b>C</b> <input type="checkbox"/> | Greek Salad              | <input type="checkbox"/> | Chicken & Vegetable Soup |

**FRIDAY**

- |                                   |                             |                          |                        |
|-----------------------------------|-----------------------------|--------------------------|------------------------|
| <b>A</b> <input type="checkbox"/> | Poached Fish & Lemon Butter | <input type="checkbox"/> | Sticky Date Pudding    |
| <b>B</b> <input type="checkbox"/> | Beef Pot Roast              | <input type="checkbox"/> | Fresh Fruit            |
| <b>C</b> <input type="checkbox"/> | Caesar Salad                | <input type="checkbox"/> | Broccoli & Cheese Soup |

**VEGETARIAN MEALS AVAILABLE ON REQUEST. PLEASE CONTACT OUR OFFICE FOR THIS WEEK'S SELECTION.**

***Please return this completed menu via your volunteer by next MONDAY  
FAX: 9888 5776 or email: [mealsservice@basscare.org.au](mailto:mealsservice@basscare.org.au)***