

Meals Service – Week 3 Menu Ph. 9819 7194

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 Stewed Fruit & Soup, in addition to your Main/Salad. All hot main meals are served with vegetables.*

MONDAY			
A	<input type="checkbox"/>	Crumbed Fish Fillets	<input type="checkbox"/> Fruit Salad
B	<input type="checkbox"/>	Red Wine & Beef Casserole	<input type="checkbox"/> Stewed Fruit
C	<input type="checkbox"/>	Chicken Salad	<input type="checkbox"/> Tomato Soup

TUESDAY			
A	<input type="checkbox"/>	Roast Chicken	<input type="checkbox"/> Baked Custard
B	<input type="checkbox"/>	Lamb Rissoles	<input type="checkbox"/> Stewed Fruit
C	<input type="checkbox"/>	Harvest Salad	<input type="checkbox"/> Mushroom Soup

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

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

FRIDAY			
A	<input type="checkbox"/>	Poached Fish & Lemon Butter	<input type="checkbox"/> Sticky Date Pudding
B	<input type="checkbox"/>	Beef Pot Roast	<input type="checkbox"/> Stewed Fruit
C	<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: 9859 2357 or email: marwal@basscare.org.au***