

## Meals Service Spring Menu – Week 1 Menu

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

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

Please use the tick box to indicate you menu choices.  
Main Course (*All hot meals are served with Vegetables*)  
Dessert or fruit and soup are optional.

### Monday

- |                            |                       |                          |                           |
|----------------------------|-----------------------|--------------------------|---------------------------|
| A <input type="checkbox"/> | Roast Beef            | <input type="checkbox"/> | Lemon Meringue            |
| B <input type="checkbox"/> | Pork Sausages & Gravy | <input type="checkbox"/> | Fresh Fruit               |
| C <input type="checkbox"/> | Farmhouse Salad       | <input type="checkbox"/> | Sweet Potato & Bacon Soup |

### Tuesday

- |                            |                   |                          |                        |
|----------------------------|-------------------|--------------------------|------------------------|
| A <input type="checkbox"/> | Honey Soy Chicken | <input type="checkbox"/> | Bread & Butter Pudding |
| B <input type="checkbox"/> | Cottage Pie       | <input type="checkbox"/> | Fresh Fruit            |
| C <input type="checkbox"/> | Greek Salad       | <input type="checkbox"/> | Cauliflower Soup       |

### Wednesday

- |                            |                              |                          |                          |
|----------------------------|------------------------------|--------------------------|--------------------------|
| A <input type="checkbox"/> | Fish with Beurre Blanc Sauce | <input type="checkbox"/> | Apple Pie & Cream        |
| B <input type="checkbox"/> | Greek Lamb                   | <input type="checkbox"/> | Fresh Fruit              |
| C <input type="checkbox"/> | Caesar Salad                 | <input type="checkbox"/> | Chicken & Vegetable Soup |

### Thursday

- |                            |                  |                          |                           |
|----------------------------|------------------|--------------------------|---------------------------|
| A <input type="checkbox"/> | Chicken Tandoori | <input type="checkbox"/> | Pineapple Upsidedown Cake |
| B <input type="checkbox"/> | Beef Bourguignon | <input type="checkbox"/> | Fresh Fruit               |
| C <input type="checkbox"/> | Chicken Salad    | <input type="checkbox"/> | Potato & Ham Soup         |

### Friday

- |                            |                            |                          |                       |
|----------------------------|----------------------------|--------------------------|-----------------------|
| A <input type="checkbox"/> | Crumbed Fish               | <input type="checkbox"/> | Tiramisu              |
| B <input type="checkbox"/> | Roast Pork & Bacon Chutney | <input type="checkbox"/> | Fresh Fruit           |
| C <input type="checkbox"/> | Harvest Salad              | <input type="checkbox"/> | Cream of Chicken Soup |

Vegetarian meals available on request.

Please contact our office for this week's selection

Please return completed menu with your Volunteer by next Wednesday

Email: [mealsservice@basscare.org.au](mailto:mealsservice@basscare.org.au)

Phone: 98804703

Website: [www.basscare.org.au](http://www.basscare.org.au)

