

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 ☐ | Roast Beef | ☐ | Lemon Meringue |
| B ☐ | Pork Sausages & Gravy | ☐ | Stewed Fruit |
| C ☐ | Farmhouse Salad | ☐ | Sweet Potato & Bacon Soup |

Tuesday

- | | | | |
|----------------------------|-------------------|--------------------------|------------------------|
| A ☐ | Honey Soy Chicken | ☐ | Bread & Butter Pudding |
| B ☐ | Cottage Pie | ☐ | Stewed Fruit |
| C ☐ | Greek Salad | ☐ | Cauliflower Soup |

Wednesday

- | | | | |
|----------------------------|------------------------------|--------------------------|--------------------------|
| A ☐ | Fish with Beurre Blanc Sauce | ☐ | Apple Pie & Cream |
| B ☐ | Greek Lamb | ☐ | Stewed Fruit |
| C ☐ | Caesar Salad | ☐ | Chicken & Vegetable Soup |

Thursday

- | | | | |
|----------------------------|------------------|--------------------------|---------------------------|
| A ☐ | Chicken Tandoori | ☐ | Pineapple Upsidedown Cake |
| B ☐ | Beef Bourguignon | ☐ | Fresh Fruit |
| C ☐ | Chicken Salad | ☐ | Potato & Ham Soup |

Friday

- | | | | |
|----------------------------|----------------------------|--------------------------|-----------------------|
| A ☐ | Crumbed Fish | ☐ | Tiramisu |
| B ☐ | Roast Pork & Bacon Chutney | ☐ | Stewed Fruit |
| C ☐ | Harvest Salad | ☐ | 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

Phone: 9819 7194

Website: www.basscare.org.au

