

Meals Service Spring Menu – Week 3 Menu

Name: _____

Address: _____

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

Monday

- | | |
|--|--------------------------------------|
| A <input type="checkbox"/> Chicken Tagine | <input type="checkbox"/> Pavlova |
| B <input type="checkbox"/> Quiche Lorraine | <input type="checkbox"/> Fresh Fruit |
| C <input type="checkbox"/> Chicken Salad | <input type="checkbox"/> Tomato Soup |

Tuesday

- | | |
|---|---|
| A <input type="checkbox"/> Park & Mushroom Ragout | <input type="checkbox"/> Baked Custard |
| B <input type="checkbox"/> Lamb Rissoles | <input type="checkbox"/> Fresh Fruit |
| C <input type="checkbox"/> Harvest Salad | <input type="checkbox"/> Vegetable Soup |

Wednesday

- | | |
|--|---|
| A <input type="checkbox"/> Meatballs in Tomato Gravy | <input type="checkbox"/> Chocolate Cheesecake |
| B <input type="checkbox"/> Bacon, Mushroom & Thyme Chicken | <input type="checkbox"/> Fresh Fruit |
| C <input type="checkbox"/> Farmhouse Salad | <input type="checkbox"/> Pumpkin & Pork Soup |

Thursday

- | | |
|--|--|
| A <input type="checkbox"/> Chicken Schnitzel | <input type="checkbox"/> Cherry Tarts |
| B <input type="checkbox"/> Corned Beef | <input type="checkbox"/> Fresh Fruit |
| C <input type="checkbox"/> Greek Salad | <input type="checkbox"/> Seafood Chowder |

Friday

- | | |
|--|--|
| A <input type="checkbox"/> Poached Fish & Lemon Butter | <input type="checkbox"/> Sticky Date Pudding |
| B <input type="checkbox"/> Lamb Shanks with White Wine | <input type="checkbox"/> Fresh Fruit |
| C <input type="checkbox"/> Caesar Salad | <input type="checkbox"/> Chicken Laksa |

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: 98804703

Website: www.basscare.org.au

