

Week Commencing: 6th January 2020

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

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

MONDAY	
Please Select one Main Meal	Please Select one Dessert
A <input type="checkbox"/> Salmon with Light Curry Sauce	A <input type="checkbox"/> Lemon Meringue
B <input type="checkbox"/> Satay Chicken	B <input type="checkbox"/> Stewed Fruit
C <input type="checkbox"/> Thai Beef Salad	<input type="checkbox"/> Creamy Pumpkin Soup <i>(please tick if you would like soup)</i>
TUESDAY	
Please Select one Main Meal	Please Select one Dessert
A <input type="checkbox"/> Crumbed Lamb & Rosemary Patties	A <input type="checkbox"/> Strawberry and Milk Jelly
B <input type="checkbox"/> Slow Cooked Beef	B <input type="checkbox"/> Stewed Fruit
C <input type="checkbox"/> Quinoa Salad with Roasted Pumpkin and Fetta Cheese	<input type="checkbox"/> Carrot & Ginger Soup <i>(please tick if you would like soup)</i>
WEDNESDAY	
Please Select one Main Meal	Please Select one Dessert
A <input type="checkbox"/> Honey Soy Chicken	A <input type="checkbox"/> Chocolate Ripple Cake
B <input type="checkbox"/> Fish Fillets with Coconut & Lime Curry Sauce	B <input type="checkbox"/> Stewed Fruit
C <input type="checkbox"/> Caesar Salad	<input type="checkbox"/> Creamy Zucchini Soup <i>(please tick if you would like soup)</i>
THURSDAY	
Please Select one Main Meal	Please Select one Dessert
A <input type="checkbox"/> Chicken Schnitzel & Gravy	A <input type="checkbox"/> Jelly Fruits
B <input type="checkbox"/> Slow Cooked Lamb with Mint Sauce	B <input type="checkbox"/> Stewed Fruit
C <input type="checkbox"/> Traditional Ham & Egg Salad	<input type="checkbox"/> Minted Pea Soup <i>(please tick if you would like soup)</i>
FRIDAY	
Please Select one Main Meal	Please Select one Dessert
A <input type="checkbox"/> Battered Fish	A <input type="checkbox"/> Tiramisu
B <input type="checkbox"/> Lemon & Mustard Chicken	B <input type="checkbox"/> Stewed Fruit
C <input type="checkbox"/> Tuna Salad	<input type="checkbox"/> Cream of Chicken Soup <i>(please tick if you would like soup)</i>

All Hot Main Meals are served with Vegetables

Vegetarian meals available on request.

Please contact our office for this week's selection

Please return completed menu with your Volunteer by next Wednesday