

Week Commencing: 13th January 2020

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

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

MONDAY	
Please Select one Main Meal	Please Select one Dessert
A <input type="checkbox"/> Braised Steak	A <input type="checkbox"/> Cream Caramel
B <input type="checkbox"/> Mild Mango Chicken Curry & Rice	B <input type="checkbox"/> Fresh Fruit
C <input type="checkbox"/> Bacon, Egg & Potato Salad	<input type="checkbox"/> Minestrone Soup <i>(please tick if you would like soup)</i>
TUESDAY	
Please Select one Main Meal	Please Select one Dessert
A <input type="checkbox"/> Rosemary & Garlic Lamb	A <input type="checkbox"/> Chocolate Mousse Tart
B <input type="checkbox"/> Coconut Beef Curry	B <input type="checkbox"/> Fresh Fruit
C <input type="checkbox"/> Nicoise Salad	<input type="checkbox"/> Creamy Minted Pea Soup <i>(please tick if you would like soup)</i>
WEDNESDAY	
Please Select one Main Meal	Please Select one Dessert
A <input type="checkbox"/> Fish Fillet with Creamy Mustard Butter Sauce	A <input type="checkbox"/> Coconut Custard with Sultanas
B <input type="checkbox"/> Slow Cooked Brisket	B <input type="checkbox"/> Fresh Fruit
C <input type="checkbox"/> Cold Turkey Salad	<input type="checkbox"/> Carrot & Lentil Soup <i>(please tick if you would like soup)</i>
THURSDAY	
Please Select one Main Meal	Please Select one Dessert
A <input type="checkbox"/> Roast Beef	A <input type="checkbox"/> Strawberry & Vanilla Blancmange
B <input type="checkbox"/> Chargrilled Lemon Chicken with Mushroom	B <input type="checkbox"/> Fresh Fruit
C <input type="checkbox"/> Caesar Salad	<input type="checkbox"/> Mushroom Soup with a drizzle of Truffle Oil <i>(please tick if you would like soup)</i>
FRIDAY	
Please Select one Main Meal	Please Select one Dessert
A <input type="checkbox"/> Crumbed Fish	A <input type="checkbox"/> Lemon Pudding
B <input type="checkbox"/> Southern Fried Chicken	B <input type="checkbox"/> Fresh Fruit
C <input type="checkbox"/> Greek Salad	<input type="checkbox"/> Broccoli 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