

Week Commencing: 20th January 2020

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

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

MONDAY	
Please Select one Main Meal	Please Select one Dessert
A <input type="checkbox"/> Herb Crust Salmon	A <input type="checkbox"/> Pavlova with Fresh Fruit
B <input type="checkbox"/> Roast Turkey	B <input type="checkbox"/> Fresh Fruit
C <input type="checkbox"/> Roast Beef Salad	<input type="checkbox"/> Creamy Tomato Soup <i>(please tick if you would like soup)</i>
TUESDAY	
Please Select one Main Meal	Please Select one Dessert
A <input type="checkbox"/> Lamb Kofta	A <input type="checkbox"/> Baked Custard
B <input type="checkbox"/> Chicken Schnitzel	B <input type="checkbox"/> Fresh Fruit
C <input type="checkbox"/> Cobb Salad	<input type="checkbox"/> Vegetable Soup <i>(please tick if you would like soup)</i>
WEDNESDAY	
Please Select one Main Meal	Please Select one Dessert
A <input type="checkbox"/> Indian Butter Chicken with Rice	A <input type="checkbox"/> Chocolate Cheesecake
B <input type="checkbox"/> Garlic Prawn with Creamy Sauce	B <input type="checkbox"/> Fresh Fruit
C <input type="checkbox"/> Farmhouse Salad	<input type="checkbox"/> Creamy Pumpkin Soup <i>(please tick if you would like soup)</i>
THURSDAY	
Please Select one Main Meal	Please Select one Dessert
A <input type="checkbox"/> Corned Beef	A <input type="checkbox"/> Coconut Pannacotta with Pineapple Salsa
B <input type="checkbox"/> Baby Barramundi Fillet	B <input type="checkbox"/> Fresh Fruit
C <input type="checkbox"/> Chicken Salad	<input type="checkbox"/> Coconut Lentil Curry 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"/> Custard Tart
B <input type="checkbox"/> BBQ Slow Cooked Lamb	B <input type="checkbox"/> Fresh Fruit
C <input type="checkbox"/> Greek Salad	<input type="checkbox"/> Potato and Leek Soup

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