

Week Commencing: 23rd March 2020

Name: _____

Address: _____

MONDAY	
Please Select one Main Meal A <input type="checkbox"/> Braised Steak B <input type="checkbox"/> Chargrilled Lemon Chicken with Mushroom Sauce C <input type="checkbox"/> Caesar Salad	Please Select one Dessert A <input type="checkbox"/> Apple Strudel B <input type="checkbox"/> Stewed Fruit <input type="checkbox"/> Tomato Soup <i>(please tick if you would like soup)</i>
TUESDAY	
Please Select one Main Meal A <input type="checkbox"/> Mild Mango Chicken Curry B <input type="checkbox"/> Pork in Plum Sauce C <input type="checkbox"/> Traditional Ham Salad	Please Select one Dessert A <input type="checkbox"/> Chocolate Mousse Tart B <input type="checkbox"/> Stewed Fruit <input type="checkbox"/> Minestrone Soup <i>(please tick if you would like soup)</i>
WEDNESDAY	
Please Select one Main Meal A <input type="checkbox"/> Grilled Salmon B <input type="checkbox"/> Lamb Shepard's Pie C <input type="checkbox"/> Tuna Salad	Please Select one Dessert A <input type="checkbox"/> Orange & Ginger Steamed Pudding B <input type="checkbox"/> Stewed Fruit <input type="checkbox"/> Potato & Bacon Soup <i>(please tick if you would like soup)</i>
THURSDAY	
Please Select one Main Meal A <input type="checkbox"/> Roast Turkey B <input type="checkbox"/> Roast Pork with Apple Sauce C <input type="checkbox"/> Chicken Salad	Please Select one Dessert A <input type="checkbox"/> Strawberry & Vanilla Blancmange B <input type="checkbox"/> Stewed Fruit <input type="checkbox"/> Carrot & Lentil Soup <i>(please tick if you would like soup)</i>
FRIDAY	
Please Select one Main Meal A <input type="checkbox"/> Crumbed Fish B <input type="checkbox"/> Beef Patties C <input type="checkbox"/> Farmhouse Salad	Please Select one Dessert A <input type="checkbox"/> Peach Crumble B <input type="checkbox"/> Stewed Fruit <input type="checkbox"/> Mushroom 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

Email: marwal@basscare.org.au Website: www.basscare.org.au