

Week Commencing: 16th March 2020

Name: _____

Address: _____

MONDAY	
Please Select one Main Meal A <input type="checkbox"/> Slow Cooked Beef Cheeks B <input type="checkbox"/> Chicken Fricassee C <input type="checkbox"/> Caesar Salad	Please Select one Dessert A <input type="checkbox"/> Lemon Meringue B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Indian Cauliflower Soup <i>(please tick if you would like soup)</i>
TUESDAY	
Please Select one Main Meal A <input type="checkbox"/> Honey Garlic Pork B <input type="checkbox"/> Baked Fish with Cheese & Parsley Sauce C <input type="checkbox"/> Traditional Ham Salad	Please Select one Dessert A <input type="checkbox"/> Chocolate Fudge Self Saucing Pudding B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Beef & Vegetable Soup <i>(please tick if you would like soup)</i>
WEDNESDAY	
Please Select one Main Meal A <input type="checkbox"/> Butter Chicken B <input type="checkbox"/> Lamb & Vegetable Stew C <input type="checkbox"/> Tuna Salad	Please Select one Dessert A <input type="checkbox"/> Bread & Butter Pudding B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Pumpkin & Ginger Soup <i>(please tick if you would like soup)</i>
THURSDAY	
Please Select one Main Meal A <input type="checkbox"/> Beef & Mushroom Ragout B <input type="checkbox"/> Roast Chicken C <input type="checkbox"/> Chicken Salad	Please Select one Dessert A <input type="checkbox"/> Jelly Fruits B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Red Lentil & Kumara Soup <i>(please tick if you would like soup)</i>
FRIDAY	
Please Select one Main Meal A <input type="checkbox"/> Baked Fish B <input type="checkbox"/> Crumbed Lamb & Rosemary Patties with Tzatziki Sauce C <input type="checkbox"/> Farmhouse Salad	Please Select one Dessert A <input type="checkbox"/> Pineapple Upside Down B <input type="checkbox"/> Fresh Fruit <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

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