

Week Commencing: 23<sup>rd</sup> March 2020

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

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

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