

Week Commencing: 30th March 2020

Name: _____

Address: _____

MONDAY	
Please Select one Main Meal A <input type="checkbox"/> Beef Diane B <input type="checkbox"/> Chicken Schnitzel C <input type="checkbox"/> Caesar Salad	Please Select one Dessert A <input type="checkbox"/> Plum Pudding with Custard B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Creamy Pumpkin Soup <i>(please tick if you would like soup)</i>
TUESDAY	
Please Select one Main Meal A <input type="checkbox"/> Lamb Rissole B <input type="checkbox"/> Fish Korma with Rice C <input type="checkbox"/> Traditional Ham Salad	Please Select one Dessert A <input type="checkbox"/> Rice Pudding B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Beef Barley Soup <i>(please tick if you would like soup)</i>
WEDNESDAY	
Please Select one Main Meal A <input type="checkbox"/> Curried Sausages with Rice B <input type="checkbox"/> Moroccan Chicken C <input type="checkbox"/> Tuna Salad	Please Select one Dessert A <input type="checkbox"/> Chocolate Cheesecake B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Sweet Potato Soup <i>(please tick if you would like soup)</i>
THURSDAY	
Please Select one Main Meal A <input type="checkbox"/> Corned Beef B <input type="checkbox"/> Roast Pork C <input type="checkbox"/> Chicken Salad	Please Select one Dessert A <input type="checkbox"/> Steamed Date Pudding with Caramel Sauce B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Creamy Pumpkin & Bacon Soup <i>(please tick if you would like soup)</i>
FRIDAY	
Please Select one Main Meal A <input type="checkbox"/> Baby Barramundi Fillet B <input type="checkbox"/> Beef Rissole C <input type="checkbox"/> Farmhouse Salad	Please Select one Dessert A <input type="checkbox"/> Cream Caramel B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Coconut Red Lentil Curry 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 Website: www.basscare.org.au