

**Week Commencing:** 

## Meals Service Autumn Menu - Week 4 Menu Ph. 9880 4703

Name:  Address:  Please place completed menu in the plastic bag your receive it in and return to your driver.  Please select your meal by placing a tick next to one Main Meal (A,B or C)) and Dessert or Fresh Fruit. If you would like Soup please tick the applicable box.			
MONDAY			
Please Select one Main Meal		Please	Select one Dessert
<b>A</b> □	Lamb Shepard's Pie	Α□	Lemon Meringue
В□	Roast Beef with Yorkshire Pudding	В□	Fresh Fruit   Stewed Fruit
С□	Potato and Bacon Salad		Beef and Vegetable Soup
TUESDAY			
Please Select one Main Meal		Please Select one Dessert	
<b>A</b> □	Char Sue Pork	Α□	Apricot Cheesecake
В□	Butter Chicken	В□	Fresh Fruit   Stewed Fruit
С□	Egg and Ham Salad		Smoked Ham Hock and Pea Soup
WEDNESDAY			
Please Select one Main Meal		Please Select one Dessert	
<b>A</b> □	Slow Cooked Beef Brisket	Α□	Spiced Apple Roll
В□	Salmon Fillet with Hollandaise Sauce	В□	Fresh Fruit   Stewed Fruit
С□	Greek Salad		Creamy Zucchini and Basil Soup
THURSDAY			
Please Select one Main Meal		Please Select one Dessert	
<b>A</b> □	Roast Lamb with Gravy	Α□	Chocolate Lava Cake
В□	<b>Chicken Roulade with Ricotta Cheese</b>	В□	Fresh Fruit   Stewed Fruit
	and Semi Dried Tomato		
СП	Nicoise Salad with Tuna		French Onion Soup
FRIDAY			
Please Select one Main Meal		Please Select one Dessert	
<b>A</b> □	Fish of the Day with Creamy Dill Sauce	Α□	Sticky Date Pudding
В□	Creamy Mushroom Risotto Served	В□	Fresh Fruit   Stewed Fruit
	with Fresh Parmesan Cheese		
С□	Chicken Salad		Coconut Red Lentil Curry Soup

We value your opinion, please turn over to give your feedback.