



Week Commencing: \_\_\_\_\_

## Meals Service Winter Menu – Week Three Menu

Name \_\_\_\_\_

Address \_\_\_\_\_

Please select your meal by placing a tick next to one Main Meal (A or B) and Dessert, Two Fruits or Fresh Fruit.  
If you would like Soup please tick the applicable box.  
Please return your completed menu to your volunteer.

<b>Monday</b>	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Beef stroganoff	A <input type="checkbox"/> Lemon Meringue
B <input type="checkbox"/> Spinach & Ricotta Ravioli with Rich Napoli Sauce and Parmesan Cheese	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
	<input type="checkbox"/> Moroccan Spiced Chickpea Soup
<b>Tuesday</b>	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Roast Lamb with Mint Sauce and Gravy	A <input type="checkbox"/> Chocolate Ripple Cake
B <input type="checkbox"/> Southern Fried Chicken with Gravy	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
	<input type="checkbox"/> Mediterranean Spinach and Lentil Soup
<b>Wednesday</b>	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Fish fillet with Dill Sauce	A <input type="checkbox"/> Sticky Date pudding with Caramel Sauce
B <input type="checkbox"/> Slow Cooked Pork Medallion with Honey Garlic Soy Sauce	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
	<input type="checkbox"/> Sweet Potato Soup
<b>Thursday</b>	
Please select one main meal	Please select one main meal
A <input type="checkbox"/> Roast Chicken with Gravy	A <input type="checkbox"/> Maple and Peach pudding with Custard
B <input type="checkbox"/> Beef Bolognese with Pasta and Fresh Parmesan Cheese	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
	<input type="checkbox"/> Mushroom Soup
<b>Friday</b>	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Fish of the Day with Creamy Lemon Sauce	A <input type="checkbox"/> Apple Strudel with Cream
B <input type="checkbox"/> Mushroom and Spinach Quiche with Relish	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
	<input type="checkbox"/> Oxtail and Vegetable Soup