



Week Commencing: _____

Meals Service Winter Menu – Week Four 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.

Monday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Salmon Fillet with Hollandaise Sauce	A <input type="checkbox"/> Pavlova with Chantilly Cream & Passionfruit
B <input type="checkbox"/> Beef Pie with Gravy	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
	<input type="checkbox"/> Tomato and Basil Soup
Tuesday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Butter Chicken with Rice and Capsicum Strips	A <input type="checkbox"/> New York Baked cheesecake
B <input type="checkbox"/> Char sue style Pork	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
	<input type="checkbox"/> Tuscan Chickpea Soup with Pasta
Wednesday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Roast Lamb with Mint sauce and Gravy	A <input type="checkbox"/> Tiramisu
B <input type="checkbox"/> Silverbeet and Ricotta Strudel with Relish	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
	<input type="checkbox"/> Smoked Ham Hock and Pea Soup
Thursday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Honey and Cumin Marinated Chicken/ Gravy	A <input type="checkbox"/> Spiced apple Roll
B <input type="checkbox"/> Slow Cooked Beef Brisket with Gravy	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
	<input type="checkbox"/> Creamy Zucchini and Basil Soup
Friday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Fish of the Day with lemon Sauce	A <input type="checkbox"/> Apple Crumble
B <input type="checkbox"/> Beef Sausages with Gravy	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
	<input type="checkbox"/> Lamb Scotch Broth