



Week Commencing: _____

Please return by **TUESDAY** to ensure your choices

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 driver.

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