



Week Commencing: _____

Meals Service Summer Menu – Week Four Menu

Name _____

Address: _____

Please select your meal by placing a tick next to one Main Meal (A or B or C) 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 – Delivered Monday. This Meal must be eaten on Monday.	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Meatloaf with Gravy	A <input type="checkbox"/> Mini Individual Apple Pies & Custard
B <input type="checkbox"/> Roast Turkey with Cranberry Sauce	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
C <input type="checkbox"/> Potato & Bacon Salad with Boiled Eggs	<input type="checkbox"/> Sweet Potato Soup
Tuesday – Delivered Monday. This Meal must be eaten on Tuesday.	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Roast Beef with Gravy	A <input type="checkbox"/> Fruit Charlotte
B <input type="checkbox"/> Roast Pork with Apple Sauce & Gravy	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
	<input type="checkbox"/> Creamy Cauliflower Soup
Wednesday – Delivered Wednesday. This Meal must be eaten on Wednesday.	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Chermoula Chicken With Gravy	A <input type="checkbox"/> Rhubarb Turnover
B <input type="checkbox"/> Sticky Sweet Chilli Baked Salmon	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
C <input type="checkbox"/> Chicken Pesto Pasta Salad	<input type="checkbox"/> Tomato, Lentil & Basil Soup
Thursday – Delivered Wednesday. This Meal must be eaten on Thursday.	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Spaghetti Bolognese with Parmesan Cheese	A <input type="checkbox"/> Citrus Custard Tart
B <input type="checkbox"/> Mushroom & Spinach Quiche with Tomato Relish	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
	<input type="checkbox"/> Tuscan Chickpea Soup with Pasta
Friday – Delivered Friday. This Meal must be eaten on Friday.	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Barramundi Fillet With Creamy Lemon Sauce & Potato Gratin	A <input type="checkbox"/> Orange Ginger Steam Pudding
B <input type="checkbox"/> Lamb Kofta With Curry Sauce & Rice	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
C <input type="checkbox"/> Tuna & Coleslaw Salad	<input type="checkbox"/> Smoked Ham Hock & Pea Soup

We value your feedback please turn over to give your feedback

Meals on Wheels Hawthorn/Kew

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