



Week Commencing: _____

Meals Service Autumn Menu – Week One 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	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Slow Cooked Beef Cheeks with Mashed Potato & Gravy	A <input type="checkbox"/> Lemon Meringue with Chantilly Cream
B <input type="checkbox"/> Mango Chicken with Rice	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
C <input type="checkbox"/> Potato & Bacon Salad with Boiled Egg	<input type="checkbox"/> Creamy Cauliflower Soup
Tuesday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Chicken & Chives Sausages with Gravy	A <input type="checkbox"/> Mango Cheesecake
B <input type="checkbox"/> Baked Fish with Cheese & Parsley Sauce	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
C <input type="checkbox"/> Ham, Cheese, Tomato & Egg Salad	<input type="checkbox"/> Creamy Pumpkin Soup
Wednesday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Char Sue Pork Steak with Gravy	A <input type="checkbox"/> Bread & Butter Pudding with Custard
B <input type="checkbox"/> Irish Lamb Stew	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
C <input type="checkbox"/> Chicken Pesto Pasta Salad	<input type="checkbox"/> Red Lentil & Carrot Soup
Thursday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Roast Beef with Gravy	A <input type="checkbox"/> Rhubarb & Strawberry Cobbler
B <input type="checkbox"/> Honey Soy Chicken	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
C <input type="checkbox"/> Caesar Salad	<input type="checkbox"/> Beef & Barley Soup
Friday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Fish of the Day	A <input type="checkbox"/> Sticky Date Pudding with Caramel Sauce
B <input type="checkbox"/> Pumpkin Spinach & Fetta Roll	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
C <input type="checkbox"/> Tuna & Coleslaw Salad	<input type="checkbox"/> Potato & Leek Soup

We value your feedback please turn over to give your feedback

Meals on Wheels Marwal

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