



Week Commencing: _____

Meals Service Autumn Menu – Week Three 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"/> Braised Steak with Gravy	A <input type="checkbox"/> Peach Crumble
B <input type="checkbox"/> Spinach & Ricotta Ravioli with Napoli Sauce & Garlic Bread	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 Pumpkin Soup
Tuesday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Moroccan Chicken with Gravy	A <input type="checkbox"/> Pineapple Upside Down Cake
B <input type="checkbox"/> Beef Korma	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
C <input type="checkbox"/> Ham, Cheese, Tomato & Egg Salad	<input type="checkbox"/> Mushroom Soup
Wednesday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Roast Lamb with Gravy	A <input type="checkbox"/> Citrus Custard Tart
B <input type="checkbox"/> Corned Beef with Mustard Sauce	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
C <input type="checkbox"/> Chicken Pesto Pasta Salad	<input type="checkbox"/> Sweet Potato Soup
Thursday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Honey & Garlic Pork Chops with Apple Sauce	A <input type="checkbox"/> Lemon Steamed Pudding with Custard
B <input type="checkbox"/> Chicken Parma with Gravy	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
C <input type="checkbox"/> Caesar Salad	<input type="checkbox"/> Potato & Leek Soup
Friday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Fish of the Day	A <input type="checkbox"/> Tiramisu
B <input type="checkbox"/> Slow Cooked Lamb Casserole	B <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Two Fruits
C <input type="checkbox"/> Tuna & Coleslaw Salad	<input type="checkbox"/> Creamy Corn & Bacon Soup

We value your feedback please turn over to give your feedback

Meals on Wheels Marwal

(03) 9819 7194 or (03) 9880 4751 marwal@basscare.org.au



