

## Meals Service Spring Menu – Week One Menu

Name						
Addre	ess:					
Fruits,	e select your meal by placing a tick next to one Fresh Fruit or Yoghurt. If you would like Soup e return your completed menu to your driver.				wo	
<b>Monday –</b> Delivered Monday. This Meal must be eaten on Monday.						
Please select one main meal			Please select one dessert			
АШ	Slow Cooked Pork Steak with Orange Sauce	Α□	Raspberry	Cheesecake		
в□	Spinach & Ricotta Canneloni with Napoli Sauce & Parmesan Cheese	B□ F	resh Fruit	C ☐ Two Fruits	D  Yoghurt	
C	Caesar Salad		Farmhouse	Stockpot Soup		
<b>Tuesday</b> – Delivered Monday. This Meal must be eaten on Tuesday.						
Please select one main meal			Please select one dessert			
Α□	Roast Chicken with Gravy	$A \square$	Steamed L	emon Sponge with	n Custard	
в□	Roast Lamb with Mint Sauce	B∏Fre	esh Fruit	C Two Fruits	D∏Yoghurt	
				Asparagus Soup		
<b>Wednesday</b> – Delivered Wednesday. This Meal must be eaten on Wednesday.						
Pleas	e select one main meal		select one			
<b>Pleas</b> A□	e select one main meal  Garlic, Rosemary Lamb with Gravy	Please	select one			
_		Please	select one	dessert		
Α□	Garlic, Rosemary Lamb with Gravy	Please	select one Apple & Rh	dessert ubarb Crumble wit C∏Two Fruits	h Cream	
A ☐ B ☐ C ☐	Garlic, Rosemary Lamb with Gravy Chermoula Chicken Breast with Gravy	Please  A  B  Free  must be	select one Apple & Rh esh Fruit Chicken No e eaten or	dessert ubarb Crumble wit C Two Fruits odle Soup Thursday.	h Cream	
A  B  C  Thur	Garlic, Rosemary Lamb with Gravy Chermoula Chicken Breast with Gravy Chickpea Salad	Please  A  B  Free  must be	select one Apple & Rh esh Fruit Chicken No	dessert ubarb Crumble wit C Two Fruits odle Soup Thursday.	h Cream	
A  B  C  Thur	Garlic, Rosemary Lamb with Gravy Chermoula Chicken Breast with Gravy Chickpea Salad rsday– Delivered Wednesday. This Meal r	Please  A  B  From the second	select one Apple & Rh esh Fruit Chicken No e eaten or select one	dessert ubarb Crumble wit C Two Fruits odle Soup Thursday.	h Cream D □Yoghurt	
A  B  C  Thur Pleas	Garlic, Rosemary Lamb with Gravy Chermoula Chicken Breast with Gravy Chickpea Salad  sday – Delivered Wednesday. This Meal reselect one main meal Spiced Blue Grenadier with Lemon Sauce	Please  B Free  must be Please	select one Apple & Rh esh Fruit Chicken No e eaten or select one	dessert  ubarb Crumble wit  C Two Fruits  odle Soup  Thursday.  dessert	h Cream D □Yoghurt	
A  B  C  Thur Pleas	Garlic, Rosemary Lamb with Gravy Chermoula Chicken Breast with Gravy Chickpea Salad Saday – Delivered Wednesday. This Meal reselect one main meal	Please  B Free  must be Please  A B Free	select one Apple & Rh esh Fruit Chicken No e eaten or select one Cherry Mac	dessert  ubarb Crumble wit  C Two Fruits  odle Soup  Thursday.  dessert  dira Cake with Cust	h Cream D □ Yoghurt  ard D □ Yoghurt	
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B C Thur Pleas A C Frida Pleas	Garlic, Rosemary Lamb with Gravy Chermoula Chicken Breast with Gravy Chickpea Salad  sday – Delivered Wednesday. This Meal reselect one main meal Spiced Blue Grenadier with Lemon Sauce Beef Casserole  ay – Delivered Friday. This Meal must be expected one main meal	Please  B Free  Please  A Please  A Please  A Please  A Please  A Please  A Please	select one Apple & Rh esh Fruit Chicken No e eaten or select one Cherry Mac esh Fruit Creamy Ca on Friday. select one	dessert  ubarb Crumble wit  C Two Fruits  odle Soup  Thursday.  dessert  dira Cake with Cust  C Two Fruits  uliflower Chowder	h Cream D □ Yoghurt  ard D □ Yoghurt	

We value your feedback please turn over to give your feedback





Please write any comments you have on our meals and the service we provide. Thank y	yol
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