



Week Commencing: _____

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

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, Fresh Fruit or Yoghurt. 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"/> Tandoori Chicken with Tandoori Sauce	A <input type="checkbox"/> Apple and Dates Crumble
B <input type="checkbox"/> Beef Goulash	B <input type="checkbox"/> Fresh Fruit C <input type="checkbox"/> Two Fruits D <input type="checkbox"/> Yoghurt
C <input type="checkbox"/> Caesar Salad	<input type="checkbox"/> Italian Tomato & Red Lentil Basil Soup
Tuesday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Slow Cooked Mediterranean Lamb	A <input type="checkbox"/> Coffee Pannacotta
B <input type="checkbox"/> Baked Salmon with Dill Sauce	B <input type="checkbox"/> Fresh Fruit C <input type="checkbox"/> Two Fruits D <input type="checkbox"/> Yoghurt
C <input type="checkbox"/> Tuscan Chickpea Salad	<input type="checkbox"/> Creamy Zucchini & Basil Soup
Wednesday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Honey Pork Medallions	A <input type="checkbox"/> New ork Baked Cheesecake
B <input type="checkbox"/> Beef Ravioli with Rich Napoli Sauce	B <input type="checkbox"/> Fresh Fruit C <input type="checkbox"/> Two Fruits D <input type="checkbox"/> Yoghurt
C <input type="checkbox"/> Chicken Salad	<input type="checkbox"/> Chicken & Vegetable Soup
Thursday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Roast Beef with Mash Potato & Gravy	A <input type="checkbox"/> Trifle
B <input type="checkbox"/> Butter Chicken with Rice	B <input type="checkbox"/> Fresh Fruit C <input type="checkbox"/> Two Fruits D <input type="checkbox"/> Yoghurt
C <input type="checkbox"/> Potato, Bacon & Egg Salad	<input type="checkbox"/> Carrot & Lentil Soup
Friday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Fish of The Day with Lemon Sauce	A <input type="checkbox"/> Chocolate Ripple Cake
B <input type="checkbox"/> Meatloaf with Gravy	B <input type="checkbox"/> Fresh Fruit C <input type="checkbox"/> Two Fruits D <input type="checkbox"/> Yoghurt
C <input type="checkbox"/> Tuna Nicoise Salad	<input type="checkbox"/> Sweet Potato Soup

We value your feedback please turn over to give your feedback

Meals on Wheels Marwal

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