



Week Commencing: _____

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

Meals Service Autumn 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, 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"/> Braised Steak With Gravy & Mash Potato	A <input type="checkbox"/> Peach Crumble & Custard
B <input type="checkbox"/> Spinach & Ricotta Ravioli with Napoli Sauce	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"/> 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 with Cream
B <input type="checkbox"/> Beef korma	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"/> 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 C <input type="checkbox"/> Two Fruits D <input type="checkbox"/> Yoghurt
C <input type="checkbox"/> Chicken Salad	<input type="checkbox"/> Beef Noodle Soup
Thursday	
Please select one main meal	Please select one dessert
A <input type="checkbox"/> Honey & Garlic Pork Steak with Apple Sauce	A <input type="checkbox"/> Lemon Steamed Pudding with Citrus Sauce
B <input type="checkbox"/> Slow Cooked Lamb Casserole	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"/> Broccoli & Cheddar 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"/> Tiramisu
B <input type="checkbox"/> Chicken Parma 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"/> Creamy Corn & Bacon Soup

We value your feedback please turn over to give your feedback

Meals on Wheels Marwal

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