

WEEK BEGINNING....

PLEASE RETURN THIS FORM BY MONDAY....

FRESH MEALS

WEEK FIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	☐ Pumpkin	☐ Pea & Ham	☐ Tomato	☐ Minestrone	☐ Beef & Vegie
SALAD	☐ Italian w Ham	☐ Potato & Garden w Silverside	☐ Greek w Turkey	☐ Sesame Soy w Beef	☐ BLT w Chicken
HOT MEAL	☐ Beef Casserole	☐ Crumbed Fish	☐ Curried Pork Sausages	☐ Chicken Rissoles	☐ Roast Lamb
VEGIE HOT MEAL	☐ Noodle Stir Fry	☐ Fritters	☐ Tofu Curry	☐ Crumbed Patties	☐ Frittata
SANDWICH	☐ Ham	☐ Egg	☐ Turkey	☐ Beef	☐ Chicken
DESSERT	☐ Date Cake	☐ Pana Cotta	☐ Apple Rhubarb Crumble	☐ Vanilla Mousse	☐ Fruit In Jelly
FRUIT	☐ FRUIT SALAD	☐ FRUIT SALAD	☐ FRUIT SALAD	☐ FRUIT SALAD	☐ FRUIT SALAD
JUICE	☐ APPLE	☐ APPLE	☐ APPLE JUICE	☐ APPLE JUICE	☐ APPLE JUICE
JUICE	☐ ORANGE	☐ ORANGE	☐ ORANGE	☐ ORANGE	☐ ORANGE
BREADROLL	☐ WHOLEMEAL	☐ WHOLEMEAL	☐ WHOLEMEAL	☐ WHOLEMEAL	☐ WHOLEMEAL

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FROZEN MEALS

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Moroccan Fish					
Pork Fillet w Tomato Gravy					
Silverside w Parsley White Sauce					
Crumbed Vegie Patties					
Curried Prawns w Rice					
Mediterranean Lamb Bake					
Sweet & Sour Chicken w Rice					

NB: PLEASE MARK IN BOX FOR WHICH DAY OF DELIVERY AND QUANTITY REQUIRED – THANK YOU