

WEEK BEGINNING....

PLEASE RETURN THIS FORM BY MONDAY....

FRESH MEALS

WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	☐ Chicken	☐ Vegie	☐ Mushroom	☐ Cauliflower	☐ Potato & Leek
SALAD	☐ Ceasar w Silverside	☐ Waldorf w Turkey	☐ Beetroot Walnut w Beef	☐ Cobb w Chicken	☐ Garden w Ham
HOT MEAL	☐ Moroccan Fish	☐ Pork Fillet	☐ Chicken Schnitzel	☐ Beef Stroganoff	☐ Silverside w White Sauce
VEGIE HOT MEAL	☐ Fritters	☐ Chickpea Curry	☐ Crumbed Patties	☐ Frittata	☐ Noodle Stir Fry
SANDWICH	☐ Egg	☐ Turkey	☐ Beef	☐ Chicken	☐ Ham
DESSERT	☐ Pana Cotta	☐ Peach Crumble	☐ Caramel Mousse	☐ Fruit In Jelly	☐ Pear Sultana Cake
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
Chicken Casserole					
Crumbed Fish					
Roast Pork w Gravy					
Vegie Fritters					
Barramundi w Lemon Butter					
Roast Lamb					
Beef & Macaroni					

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