

WEEK BEGINNING

PLEASE RETURN THIS FORM BY MONDAY.....

FRESH MEALS

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	☐ Pumpkin	☐ Pea & Ham	☐ Tomato	☐ Minestrone	☐ Beef & Vegie
SALAD	☐ Italian w Chicken	☐ Potato & Garden w Ham	☐ Greek w Silverside	☐ Sesame Soy w Turkey	☐ BLT w Beef
HOT MEAL	☐ Meatballs w Tomato Herb Sauce	☐ Crumbed Fish	☐ Sweet & Sour Pork	☐ Chicken Corn Frittata	☐ Roast Beef
VEGIE HOT MEAL	☐ Frittata	☐ Stir Fry	☐ Fritters	☐ Vegetable Curry	☐ Vegetable Patties
SANDWICH	☐ Chicken	☐ Ham	☐ Egg	☐ Turkey	☐ Beef
DESSERT	☐ Fruit in Jelly	☐ Cherry Cake	☐ Pana Cotta	☐ Apple Crumble	☐ Berry Mousse
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
Baked Ham					
Butter Chicken Curry					
Fish w Asparagus Hollandaise					
Crumbed Vegie Patties					
Beef Cottage Pie					
Curried Prawns w Rice					
Mediterranean Lamb Bake					

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