

WEEK BEGINNING...

PLEASE RETURN THIS FORM BY MONDAY....

FRESH MEALS

WEEK SIX	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	☐ Chicken	☐ Vegie	☐ Mushroom	☐ Cauliflower	☐ Potato & Leek
SALAD	☐ Ceasar w Chicken	☐ Waldorf w Ham	☐ Beetroot Walnut w Silverside	☐ Cobb w Turkey	☐ Garden w Beef
HOT MEAL	☐ Butter Chicken Curry	☐ Braised Beef	☐ Fish w Asparagus	☐ Pork Risssoles	☐ Baked Ham
VEGIE HOT MEAL	☐ Frittata	☐ Noodle Stir Fry	☐ Fritters	☐ Chickpea Curry	☐ Crumbed Patties
SANDWICH	☐ Chicken	☐ Ham	☐ Egg	☐ Turkey	☐ Beef
DESSERT	☐ Fruit In Jelly	☐ Orange Cake	☐ Pana Cotta	☐ Pear Plum Crumble	☐ Mango 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
Beef Casserole					
Chicken Rissoles w Plum Sauce					
Curried Pork Sausages w Rice					
Vegie Fritters					
Barramundi w Lemon Butter					
Garlic Prawns w Rice					
Roast Lamb w Gravy					

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



Disclaimer: We reserve the right to modify, alter, amend or update this menu without notice

Phone: 3390 3450 Email: info@capalabamealsonwheels.org.au

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