

WEEK BEGINNING....

PLEASE RETURN THIS FORM BY MONDAY....

FRESH MEALS

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	☐ Pumpkin	☐ Pea & Ham	☐ Tomato	☐ Minestrone	☐ Beef & Vegie
SALAD	☐ Italian w Turkey	☐ Potato & Garden w Beef	☐ Greek w Chicken	☐ Sesame Soy w Ham	☐ BLT w Silverside
HOT MEAL	☐ Bacon Tomato Cheese Frittata	☐ Chicken Casserole	☐ Beef Guinness Hot Pot	☐ Crumbed Fish	☐ Roast Pork
VEGIE HOT MEAL	☐ Tofu Curry	☐ Crumbed Patties	☐ Frittata	☐ Noodle Stir Fry	☐ Fritters
SANDWICH	☐ Turkey	☐ Beef	☐ Chicken	☐ Ham	☐ Egg
DESSERT	☐ Two Fruits Crumble	☐ Citrus Mousse	☐ Fruit In Jelly	☐ Peach Cake	☐ Pana Cotta
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

WEEK BEGINNING...

PLEASE RETURN THIS FORM BY MONDAY....

FROZEN MEALS

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish w Lemon					
Pork Sausages w Onion Gravy					
Roast Chicken w Gravy					
Crumbed Vegie Patties					
Beef Risssoles w Creamy Mustard Sauce					
Garlic Prawns w Rice					
Mediterranean Lamb Bake					

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

PTO