

WEEK BEGINNING....

PLEASE RETURN THIS FORM BY MONDAY....

FRESH MEALS

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	☐ Chicken	☐ Vegie	☐ Mushroom	☐ Cauliflower	☐ Potato & Leek
SALAD	☐ Ceasar w Beef	☐ Waldorf w Chicken	☐ Beetroot Walnut w Ham	☐ Cobb w Silverside	☐ Garden w Turkey
HOT MEAL	☐ Honey Soy Chicken	☐ BBQ Beef Rissoles	☐ Fish w Lemon	☐ Pork Sausages	☐ Roast Chicken
VEGIE HOT MEAL	☐ Crumbed Patties	☐ Frittata	☐ Stir Fry	☐ Fritters	☐ Chickpea Curry
SANDWICH	☐ Beef	☐ Chicken	☐ Ham	☐ Egg	☐ Turkey
DESSERT	☐ Chocolate Mousse	☐ Fruit in Jelly	☐ Pineapple Cake	☐ Pana Cotta	☐ Pear Crumble
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
Crumbed Fish					
Roast Beef w Gravy					
Sweet & Sour Pork w Rice					
Vegie Fritters					
Barramundi w Lemon Butter					
Chicken w Mushroom Sauce					
Roast Lamb w Gravy					

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