

WEEK ONE MENU

Please Return This Form By Friday 21st of February

Monday 3 rd March	Tuesday 4 th March	Wednesday 5 th March	Thursday 6 th March	Friday 7 th March
<input type="checkbox"/> Pumpkin Soup <input type="checkbox"/> Italian Salad w Chicken <input type="checkbox"/> Beef Meatballs w Tomato Herb Sauce <input type="checkbox"/> Vegie Frittata (v) <input type="checkbox"/> Chicken Sandwich <input type="checkbox"/> Fruit in Jelly <input type="checkbox"/> Seasonal Fruit Salad <input type="checkbox"/> Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/> Bread Roll	<input type="checkbox"/> Pea & Ham Soup <input type="checkbox"/> Potato & Garden Salad w Ham <input type="checkbox"/> Crumbed Fish <input type="checkbox"/> Vegie Stir Fry (v) <input type="checkbox"/> Ham Sandwich <input type="checkbox"/> Cherry Coconut Cake <input type="checkbox"/> Seasonal Fruit Salad <input type="checkbox"/> Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/> Bread Roll	<input type="checkbox"/> Tomato Soup <input type="checkbox"/> Greek Salad w Silverside <input type="checkbox"/> Sweet & Sour Pork <input type="checkbox"/> Vegie Fritters (v) <input type="checkbox"/> Egg Sandwich <input type="checkbox"/> Pana Cotta <input type="checkbox"/> Seasonal Fruit Salad <input type="checkbox"/> Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/> Bread Roll	<input type="checkbox"/> Minestrone Soup <input type="checkbox"/> Sesame Soy Salad w Turkey <input type="checkbox"/> Chicken & Sweetcorn Frittata <input type="checkbox"/> Vegie Curry (v) <input type="checkbox"/> Turkey Sandwich <input type="checkbox"/> Apple Crumble <input type="checkbox"/> Seasonal Fruit Salad <input type="checkbox"/> Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/> Bread Roll	<input type="checkbox"/> Beef & Vegie Soup <input type="checkbox"/> BLT Salad w Beef <input type="checkbox"/> Roast Beef <input type="checkbox"/> Crumbed Vegie Patties (v) <input type="checkbox"/> Beef Sandwich <input type="checkbox"/> Mixed Berry Mousse <input type="checkbox"/> Seasonal Fruit Salad <input type="checkbox"/> Apple Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/> Bread Roll



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

Phone: 3390 3450 Email: mowcap@bigpond.com

(V) Vegetarian

PTO

FROZEN MEAL ORDERS ONLY

FROZEN MEAL	MONDAY 3 rd March	TUESDAY 4 th March	WEDNESDAY 5 th March	THURSDAY 6 th March	FRIDAY 7 th March
Baked Ham					
Butter Chicken Curry					
Fish w Asparagus Sauce					
Pork Rissoles w Tomato Gravy					
Crumbed Vegie Patties					

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