Monday 10 th March	Tuesday 11 th March	Wednesday 12 th March	Thursday 13 th March	Friday 14 th March
☐ Chicken Soup	☐ Vegetable Soup	☐ Mushroom Soup	☐ Cauliflower Soup	☐ Potato & Leek Soup
☐ Ceasar Salad w Beef	☐ Waldorf Salad w	☐ Beetroot Walnut Salad	☐ Cobb Salad w Silverside	☐ Garden Salad w Turkey
☐ Honey Soy Chicken	Chicken	w Ham	☐ Pork Sausages	☐ Roast Chicken
☐ Crumb Veg Patties (v)	☐ BBQ Beef Rissoles	☐ Fish w Lemon	☐ Vegie Fritter (v)	☐ Vegie Curry (v)
	☐ Vegie Frittata (v)	☐ Vegie Stir Fry (v)		
☐ Beef Sandwich			☐ Egg Sandwich	☐ Turkey Sandwich
	☐ Chicken Sandwich	☐ Ham Sandwich		
☐ Chocolate Mousse			☐ Pana Cotta	☐ Pear Crumble
☐ Seasonal Fruit Salad	☐ Fruit in Jelly	☐ Pineapple Cake	☐ Seasonal Fruit Salad	☐ Seasonal Fruit Salad
	☐ Seasonal Fruit Salad	☐ Seasonal Fruit Salad		
☐ Apple Juice			☐ Apple Juice	☐ Apple Juice
☐ Orange Juice	☐ Apple Juice	☐ Apple Juice	☐ Orange Juice	☐ Orange Juice
	☐ Orange Juice	☐ Orange Juice		
☐ Bread Roll			☐ Bread Roll	☐ Bread Roll
	☐ Bread Roll	☐ 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 10 th March	TUESDAY 11 th March	WEDNESDAY 12 th March	THURSDAY 13 th March	FRIDAY 14 th March
Beef Meatballs					
Crumbed Fish					
Roast Beef					
Sweet & Sour Pork					
Vegie Fritters					

Please Return This Form By Friday 28th of February



 $\label{thm:decomposition} \textbf{Disclaimer: We reserve the right to modify, alter, amend or update this menu without notice}$

Phone: 3390 3450 Email: mowcap@bigpond.com

(V) Vegetarian PTO