

WEEK THREE MENU

Please Return This Form By Friday 7th of March

Monday 17 th March	Tuesday 18 th March	Wednesday 19 th March	Thursday 20 th March	Friday 21 st March
<input type="checkbox"/> Pumpkin Soup <input type="checkbox"/> Italian Salad w Turkey <input type="checkbox"/> Bacon Tomato & Cheese 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"/> Pea & Ham Soup <input type="checkbox"/> Potato & Garden w Beef <input type="checkbox"/> Chicken Casserole <input type="checkbox"/> Crumbed Vegie Patties (v) <input type="checkbox"/> Beef Sandwich <input type="checkbox"/> Citrus Mousse <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 Chicken <input type="checkbox"/> Beef & Guinness Hot Pot <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"/> Minestrone Soup <input type="checkbox"/> Sesame Soy Salad w Ham <input type="checkbox"/> Crumbed Fish <input type="checkbox"/> Vegie Stir Fry (v) <input type="checkbox"/> Ham Sandwich <input type="checkbox"/> Peach 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"/> Beef & Veg Soup <input type="checkbox"/> BLT Salad w Silverside <input type="checkbox"/> Roast 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

WEEK THREE

FROZEN MEAL ORDERS ONLY

FROZEN MEAL	MONDAY 17th March	TUESDAY 18th March	WEDNESDAY 19th March	THURSDAY 20th March	FRIDAY 21st March
BBQ Beef Rissoles					
Fish w Lemon					
Pork Sausages					
Roast Chicken					
Crumbed Vegie Patties					

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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