Monday 24 th March	Tuesday 25 th March	Wednesday 26 th March	Thursday 27 th March	Friday 28 th March
☐ Chicken Soup	☐ Vegie Soup	☐ Mushroom Soup	☐ Cauliflower Soup	☐ Potato & Leek Soup
☐ Ceasar Salad w	☐ Waldorf Salad w	☐ Beetroot Walnut Salad	☐ Cobb Salad w Chicken	☐ Garden Salad w Ham
Silverside	Turkey	w Beef	☐ Beef Stroganoff	☐ Silverside w White
☐ Moroccan Fish	☐ Pork Fillet	☐ Chicken Schnitzel	☐ Vegie Frittata (v)	Sauce
☐ Vegie Fritters (v)	☐ Vegie Curry (v)	☐ Crumbed Vegie Patties	5 ()	☐ Vegie Stir Fry (v)
☐ Egg Sandwich	☐ Turkey Sandwich	(v)	☐ Chicken Sandwich	☐ Ham Sandwich
	☐ Peach Crumble	☐ Beef Sandwich	☐ Fruit In Jelly	
☐ Pana Cotta	☐ Seasonal Fruit Salad		☐ Seasonal Fruit Salad	☐ Pear Sultana Cake
☐ Seasonal Fruit Salad		☐ Caramel Mousse		☐ Seasonal Fruit Salad
	☐ Apple Juice	☐ Seasonal Fruit Salad	☐ Apple Juice	
☐ Apple Juice	☐ Orange Juice		☐ Orange Juice	☐ Apple Juice
☐ Orange Juice	☐ Bread Roll	☐ Apple Juice		☐ Orange Juice
	L Dieau Noii	☐ Orange Juice	☐ 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 24 th March	TUESDAY 25 th March	WEDNESDAY 26 th March	THURSDAY 27 th March	FRIDAY 28 th March
Beef & Guinness Hot Pot					
Chicken Casserole					
Crumbed Fish					
Roast Pork					
Vegie Fritters					

Please Return This Form By Friday 14th of March



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