WEEK FIVE MENU

Monday 31st March	Tuesday 1 st April	Wednesday 2 nd April	Thursday 3 rd April	Friday 4 th April
☐ Pumpkin Soup	☐ Pea & Ham Soup	☐ Tomato Soup	☐ Minestrone Soup	☐ Beef & Vegie Soup
☐ Italian Salad w Ham	☐ Potato & Garden Salad	☐ Greek Salad w Turkey	☐ Sesame Soy Salad w	☐ BLT Salad w Chicken
☐ Beef Casserole	w Silverside	☐ Curried Pork Sausages	Beef	☐ Roast Lamb
☐ Vegie Stir Fry (v)	☐ Crumbed Fish	☐ Vegie Curry (v)	☐ Chicken Rissoles	☐ Vegie Frittata (v)
	☐ Vegie Fritters (v)		☐ Crumbed Vegie Patties	
☐ Ham Sandwich		☐ Turkey Sandwich	(v)	☐ Chicken Sandwich
	☐ Egg Sandwich			
☐ Date Cake		☐ Pear Crumble	☐ Beef Sandwich	☐ Fruit In Jelly
☐ Seasonal Fruit Salad	☐ Pana Cotta	☐ Seasonal Fruit Salad		☐ Seasonal Fruit Salad
	☐ Seasonal Fruit Salad		☐ Vanilla Mousse	
☐ Apple Juice		☐ Apple Juice	☐ Seasonal Fruit Salad	☐ Apple Juice
☐ Orange Juice	☐ Apple Juice	☐ Orange Juice		☐ Orange Juice
	☐ Orange Juice		☐ Apple Juice	
☐ Bread Roll		☐ Bread Roll	☐ Orange Juice	☐ 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 31 st March	TUESDAY 1 st April	WEDNESDAY 2 nd April	THURSDAY 3 rd April	FRIDAY 4 th April
Chicken Schnitzel					
Moroccan Fish					
Pork Fillet					
Silverside w White Sauce					
Crumbed Vegie Patties					

Please Return This Form By Friday 21st of March



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