



Week Commencing: \_\_\_\_\_

## Meals Service Winter Menu - Week One Menu

Name \_\_\_\_\_

Address: \_\_\_\_\_

Please select your meal by placing a tick next to one Main Meal (A or B or C) and Dessert, Two Fruits, Fresh Fruit or Yoghurt. If you would like Soup please tick the applicable box.  
Please return your completed menu to your driver.

<b>Monday</b>	
<b>Please select one main meal</b>	<b>Please select one dessert</b>
A <input type="checkbox"/> Wine Braised Beef Steak with Gravy	A <input type="checkbox"/> Apple & Rhubarb Crumble with Whipped Cream
B <input type="checkbox"/> Barramundi Fillet with Creamy Lemon Sauce	B <input type="checkbox"/> Fresh Fruit C <input type="checkbox"/> Two Fruits D <input type="checkbox"/> Yoghurt
C <input type="checkbox"/> Chicken Caesar Salad	<input type="checkbox"/> Cream of Broccoli Soup
<b>Tuesday</b>	
<b>Please select one main meal</b>	<b>Please select one dessert</b>
A <input type="checkbox"/> Chicken Parmigiana	A <input type="checkbox"/> Butterscotch Self-Saucing Pudding
B <input type="checkbox"/> Vegetarian Lasagne with Parmesan Cheese	B <input type="checkbox"/> Fresh Fruit C <input type="checkbox"/> Two Fruits D <input type="checkbox"/> Yoghurt
C <input type="checkbox"/> Tuscan Chickpea Salad	<input type="checkbox"/> Creamy Celeriac & Potato Soup
<b>Wednesday</b>	
<b>Please select one main meal</b>	<b>Please select one dessert</b>
A <input type="checkbox"/> Corned Silverside with Seeded Mustard Sauce	A <input type="checkbox"/> Berry Cobbler with Whipped Cream
B <input type="checkbox"/> Slow Cooked Honey Cumin Marinated Pork Scotch with Gravy	B <input type="checkbox"/> Fresh Fruit C <input type="checkbox"/> Two Fruits D <input type="checkbox"/> Yoghurt
C <input type="checkbox"/> Chicken Salad	<input type="checkbox"/> Chicken & Asparagus Soup
<b>Thursday</b>	
<b>Please select one main meal</b>	<b>Please select one dessert</b>
A <input type="checkbox"/> Roast Beef with Gravy	A <input type="checkbox"/> Orange & Ginger Steamed Pudding with Carmel Sauce
B <input type="checkbox"/> Chicken Teriyaki	B <input type="checkbox"/> Fresh Fruit C <input type="checkbox"/> Two Fruits D <input type="checkbox"/> Yoghurt
C <input type="checkbox"/> Potato, Bacon & Egg Salad	<input type="checkbox"/> Carrot & Ginger Soup
<b>Friday</b>	
<b>Please select one main meal</b>	<b>Please select one dessert</b>
A <input type="checkbox"/> Fish of The Day with Lemon Sauce	A <input type="checkbox"/> Tiramisu
B <input type="checkbox"/> Beef & Red Wine Casserole	B <input type="checkbox"/> Fresh Fruit C <input type="checkbox"/> Two Fruits D <input type="checkbox"/> Yoghurt
C <input type="checkbox"/> Tuna Nicoise Salad	<input type="checkbox"/> Potato & Bacon Soup

We value your feedback please turn over to give your feedback

**Meals on Wheels Marwal**

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