**Menu for Week 1** Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **1/2017** | *Main Meal, Dessert (or Fruit) & Soup for packaged price of* ***$8.65*** |

|  |  |  |  |
| --- | --- | --- | --- |
| **M****O****N****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Apricot Chicken
* Meat Loaf
* Quiche of the Day &

Salad | * Jelly & Fruit
* Fresh Fruit
* Yoghurt
 | * Homemade Pumpkin

Soup |
| **T****U****E****S****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Fish Cakes with White

Sauce* Beef Curry
* Ham Salad
 | * Lemon Delicious
* Fresh Fruit
* Yoghurt
 | * Beef & Vegetable Soup
 |
| **W****E****D****N****E****S****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Roast Lamb with Mint

Sauce* Roast Pork & Gravy
* Curried Egg Salad
 | * Creamy Rice Pudding
* Fresh Fruit
* Yoghurt
 | * Chicken & Sweetcorn

Soup |
| **T****H****U****R****S****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Braised Steak with

Onion Gravy * Country Lamb

Casserole with Rice * Thai Beef Salad
 | * Apple Berry Crumble

with Custard* Fresh Fruit
* Yoghurt
 | * Vegetable Barley Soup

  |
| **F****R****I****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Fish
* Chicken Schnitzel
* Corned Beef Salad
 | * Chocolate Mousse with

Stewed Cherries * Fresh Fruit
* Yoghurt
 | * Cream of Chicken

Soup |

**Menu for Week 2** Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **1/2017** | *Main Meal, Dessert (or Fruit) & Soup for packaged price of* ***$8.65*** |

|  |  |  |  |
| --- | --- | --- | --- |
| **M****O****N****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Chicken Curry
* Braised Beef Brisket
* Roast Beef Salad
 | * Fruit Trifle
* Fresh Fruit
* Yoghurt
 | * Pea & Ham Soup
 |
| **T****U****E****S****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Beef & Rice Balls in

Tomato Sauce* Carbonara
* Smoked Salmon Salad
 | * Victoria Sponge
* Fresh Fruit
* Yoghurt
 | * Chicken Noodle Soup
 |
| **W****E****D****N****E****S****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Roast Chicken with

Mushroom Sauce* Roast Beef
* Egg Salad
 | * Chocolate Bavarian
* Fresh Fruit
* Yoghurt
 | * Tomato Soup
 |
| **T****H****U****R****S****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Chicken Mornay
* Beef Stroganoff
* Ham & Cheese Salad
 | * Apple Crumble with

Cream * Fresh Fruit
* Yoghurt
 | * Chicken & Vegetable

Soup |
| **F****R****I****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Fish
* Spaghetti Bolognaise
* Thai Chicken Salad
 | * Spiced Pear Pudding
* Fresh Fruit
* Yoghurt
 | * Minestrone Soup
 |

**Menu for Week 3** Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **1/2017** | *Main Meal, Dessert (or Fruit) & Soup for packaged price of* ***$8.65*** |

|  |  |  |  |
| --- | --- | --- | --- |
| **M****O****N****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Pulled BBQ Beef
* Fisherman’s Pie
* Curried Egg Salad
 | * Trifle
* Fresh Fruit
* Yoghurt
 | * Pumpkin Soup
 |
| **T****U****E****S****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Shepherds Pie
* Steak Dianne with

Potato Bake* Ham Pasta Salad
 | * Tiramisu
* Fresh Fruit
* Yoghurt
 | * Beef & Vegetable Soup
 |
| **W****E****D****N****E****S****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Roast Beef & Gravy
* Roast Chicken with

 Gravy* Lamb Salad
 | * Sticky Date Pudding

with Cream* Fresh Fruit
* Yoghurt
 | * Chicken & Sweetcorn Soup
 |
| **T****H****U****R****S****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Teriyaki Chicken
* Curried Sausages
* Chicken Salad
 | * Peach & Apricot

Crumble * Fresh Fruit
* Yoghurt
 | * Vegetable Barley Soup
 |
| **F****R****I****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Fish
* Lamb Rissoles
* Quiche of the Day &

Salad | * Pavlova
* Fresh Fruit
* Yoghurt
 | * Cream of Chicken

Soup |

**Menu for Week 4** Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **1/2017** | *Main Meal, Dessert (or Fruit) & Soup for packaged price of* ***$8.65*** |

|  |  |  |  |
| --- | --- | --- | --- |
| **M****O****N****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Silverside with White

Sauce* Marinated Chicken

Nibbles* Tuna Salad
 | * Strawberry Mousse

Sponge Roll* Fresh Fruit
* Yoghurt
 | * Pea & Ham Soup
 |
| **T****U****E****S****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Creamy Seafood

Mornay* Sausages & Gravy
* Chicken Salad
 | * Chocolate Brownies,

Cream & Butterscotch Sauce * Fresh Fruit
* Yoghurt
 | * Chicken Noodle Soup
 |
| **W****E****D****N****E****S****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Roast Chicken
* Roast Pork
* Potato Garden Salad
 | * Fruit & Custard
* Fresh Fruit
* Yoghurt
 | * Tomato Soup
 |
| **T****H****U****R****S****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Tuna Pasta Bake
* Cottage Pie
* Corned Beef Salad
 | * Bread & Butter

Pudding & Cream * Fresh Fruit
* Yoghurt
 | * Chicken & Vegetable

Soup |
| **F****R****I****D****A****Y** | **MAIN MEAL (Lunch)** | **DESSERT** | **SOUP (Dinner)** |
| * Fish
* Savoury Mince
* Egg Salad
 | * Cheesecake of the Day
* Fresh Fruit
* Yoghurt
 | * Minestrone Soup
 |