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

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

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| **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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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| **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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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| **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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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| **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 |