



**Menu for Week 1**

Name \_\_\_\_\_

**1/2018 Main Meal, Dessert (or Fruit) & Soup for packaged price of \$8.65**

|  | MAIN MEAL (Lunch)  | DESSERT  | SOUP (Dinner)                                     |
|--|--|--|---|
| <b>M<br/>O<br/>N<br/>D<br/>A<br/>Y</b>                   | <input type="checkbox"/> Apricot Chicken<br><input type="checkbox"/> Meat Loaf<br><input type="checkbox"/> Quiche of the Day & Salad                         | <input type="checkbox"/> Jelly & Fruit<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt                         | <input type="checkbox"/> Homemade Pumpkin Soup    |
| <b>T<br/>U<br/>E<br/>S<br/>D<br/>A<br/>Y</b>             | <input type="checkbox"/> Fish Cakes with White Sauce<br><input type="checkbox"/> Beef Curry<br><input type="checkbox"/> Ham Salad                            | <input type="checkbox"/> Apple Berry Crumble with Custard<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt      | <input type="checkbox"/> Beef & Vegetable Soup    |
| <b>W<br/>E<br/>D<br/>N<br/>E<br/>S<br/>D<br/>A<br/>Y</b> | <input type="checkbox"/> Roast Lamb with Mint Sauce<br><input type="checkbox"/> Roast Pork & Gravy<br><input type="checkbox"/> Curried Egg Salad             | <input type="checkbox"/> Creamy Rice Pudding<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt                   | <input type="checkbox"/> Chicken & Sweetcorn Soup |
| <b>T<br/>H<br/>U<br/>R<br/>S<br/>D<br/>A<br/>Y</b>       | <input type="checkbox"/> Braised Steak with Onion Gravy<br><input type="checkbox"/> Chicken Schnitzel with Gravy<br><input type="checkbox"/> Thai Beef Salad | <input type="checkbox"/> Jelly & Custard<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt                       | <input type="checkbox"/> Vegetable Barley Soup    |
| <b>F<br/>R<br/>I<br/>D<br/>A<br/>Y</b>                   | <input type="checkbox"/> Fish<br><input type="checkbox"/> Crumbed Steak<br><input type="checkbox"/> Corned Beef Salad  | <input type="checkbox"/> Chocolate Mousse with Stewed Cherries<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt | <input type="checkbox"/> Cream of Chicken Soup    |



**Menu for Week 2**

Name \_\_\_\_\_

**1/2018 Main Meal, Dessert (or Fruit) & Soup for packaged price of \$8.65**

|  | MAIN MEAL (Lunch)  | DESSERT   | SOUP (Dinner)                                     |
|--|--|---|---|
| <b>M<br/>O<br/>N<br/>D<br/>A<br/>Y</b>                   | <input type="checkbox"/> Chicken Curry<br><input type="checkbox"/> Braised Beef Brisket<br><input type="checkbox"/> Roast Beef Salad             | <input type="checkbox"/> Fruit Trifle<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt             | <input type="checkbox"/> Pea & Ham Soup           |
| <b>T<br/>U<br/>E<br/>S<br/>D<br/>A<br/>Y</b>             | <input type="checkbox"/> Beef & Rice Balls in Tomato Sauce<br><input type="checkbox"/> Carbonara<br><input type="checkbox"/> Smoked Salmon Salad | <input type="checkbox"/> Victoria Sponge<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt          | <input type="checkbox"/> Chicken Noodle Soup      |
| <b>W<br/>E<br/>D<br/>N<br/>E<br/>S<br/>D<br/>A<br/>Y</b> | <input type="checkbox"/> Roast Chicken with Mushroom Sauce<br><input type="checkbox"/> Roast Pork & Gravy<br><input type="checkbox"/> Egg Salad  | <input type="checkbox"/> Chocolate Bavarian<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt       | <input type="checkbox"/> Tomato Soup              |
| <b>T<br/>H<br/>U<br/>R<br/>S<br/>D<br/>A<br/>Y</b>       | <input type="checkbox"/> Chicken Mornay<br><input type="checkbox"/> Beef Stroganoff<br><input type="checkbox"/> Ham & Cheese Salad               | <input type="checkbox"/> Apple Crumble with Cream<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt | <input type="checkbox"/> Chicken & Vegetable Soup |
| <b>F<br/>R<br/>I<br/>D<br/>A<br/>Y</b>                   | <input type="checkbox"/> Fish<br><input type="checkbox"/> Spaghetti Bolognaise<br><input type="checkbox"/> Thai Chicken Salad                    | <input type="checkbox"/> Berry Pavlova<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt            | <input type="checkbox"/> Minestrone Soup          |



**Menu for Week 3**

Name \_\_\_\_\_

**1/2018 Main Meal, Dessert (or Fruit) & Soup for packaged price of \$8.65**

|  | MAIN MEAL (Lunch)   | DESSERT   | SOUP (Dinner)                                     |
|--|---|---|---|
| <b>M<br/>O<br/>N<br/>D<br/>A<br/>Y</b>                   | <input type="checkbox"/> Lamb Rissoles<br><input type="checkbox"/> Fisherman's Pie<br><input type="checkbox"/> Curried Egg Salad                | <input type="checkbox"/> Trifle<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt                         | <input type="checkbox"/> Pumpkin Soup             |
| <b>T<br/>U<br/>E<br/>S<br/>D<br/>A<br/>Y</b>             | <input type="checkbox"/> Teriyaki Chicken<br><input type="checkbox"/> Steak Dianne with Potato Bake<br><input type="checkbox"/> Ham Pasta Salad | <input type="checkbox"/> Tiramisu<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt                       | <input type="checkbox"/> Beef & Vegetable Soup    |
| <b>W<br/>E<br/>D<br/>N<br/>E<br/>S<br/>D<br/>A<br/>Y</b> | <input type="checkbox"/> Roast Lamb with Mint Sauce<br><input type="checkbox"/> Roast Chicken with Gravy<br><input type="checkbox"/> Lamb Salad | <input type="checkbox"/> Sticky Date Pudding with Cream<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt | <input type="checkbox"/> Chicken & Sweetcorn Soup |
| <b>T<br/>H<br/>U<br/>R<br/>S<br/>D<br/>A<br/>Y</b>       | <input type="checkbox"/> Pulled BBQ Beef<br><input type="checkbox"/> Curried Sausages<br><input type="checkbox"/> Chicken Salad                 | <input type="checkbox"/> Peach & Apricot Crumble<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt        | <input type="checkbox"/> Vegetable Barley Soup    |
| <b>F<br/>R<br/>I<br/>D<br/>A<br/>Y</b>                   | <input type="checkbox"/> Fish<br><input type="checkbox"/> Shepherd's Pie<br><input type="checkbox"/> Quiche of the Day & Salad                  | <input type="checkbox"/> Passionfruit Pavlova<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt           | <input type="checkbox"/> Cream of Chicken Soup    |



**Menu for Week 4**

Name \_\_\_\_\_

**1/2018 Main Meal, Dessert (or Fruit) & Soup for packaged price of \$8.65**

|  | MAIN MEAL (Lunch)  | DESSERT   | SOUP (Dinner)                                     |
|--|--|---|---|
| <b>M<br/>O<br/>N<br/>D<br/>A<br/>Y</b>                   | <input type="checkbox"/> Silverside with White Sauce<br><input type="checkbox"/> Marinated Chicken Nibbles<br><input type="checkbox"/> Ham Salad | <input type="checkbox"/> Strawberry Mousse Sponge Roll<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt                  | <input type="checkbox"/> Pea & Ham Soup           |
| <b>T<br/>U<br/>E<br/>S<br/>D<br/>A<br/>Y</b>             | <input type="checkbox"/> Creamy Seafood Mornay<br><input type="checkbox"/> Sausages & Gravy<br><input type="checkbox"/> Chicken Salad            | <input type="checkbox"/> Chocolate Brownies, Cream & Butterscotch Sauce<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt | <input type="checkbox"/> Chicken Noodle Soup      |
| <b>W<br/>E<br/>D<br/>N<br/>E<br/>S<br/>D<br/>A<br/>Y</b> | <input type="checkbox"/> Roast Chicken with Gravy<br><input type="checkbox"/> Roast Pork & Gravy<br><input type="checkbox"/> Potato Garden Salad | <input type="checkbox"/> Fruit & Custard<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt                                | <input type="checkbox"/> Tomato Soup              |
| <b>T<br/>H<br/>U<br/>R<br/>S<br/>D<br/>A<br/>Y</b>       | <input type="checkbox"/> Lamb Chops & Gravy<br><input type="checkbox"/> Cottage Pie<br><input type="checkbox"/> Corned Beef Salad                | <input type="checkbox"/> Bread & Butter Pudding & Cream<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt                 | <input type="checkbox"/> Chicken & Vegetable Soup |
| <b>F<br/>R<br/>I<br/>D<br/>A<br/>Y</b>                   | <input type="checkbox"/> Fish<br><input type="checkbox"/> Savoury Mince<br><input type="checkbox"/> Egg Salad                                    | <input type="checkbox"/> Cheesecake of the Day<br><input type="checkbox"/> Fresh Fruit<br><input type="checkbox"/> Yoghurt                          | <input type="checkbox"/> Minestrone Soup          |