



WINTER MENU

Name _____

Menu for Week 1

MAIN MEAL	DESSERT	SOUP / BREAD
MONDAY		
<input type="checkbox"/> Chicken Curry	<input type="checkbox"/> Apple & Sour Cream Slice	<input type="checkbox"/> Sweetcorn Soup
<input type="checkbox"/> Quiche & Vegetables	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
TUESDAY		
<input type="checkbox"/> Fish Cakes with White Sauce	<input type="checkbox"/> Jelly, Fruit & Custard	<input type="checkbox"/> Cauliflower Soup
<input type="checkbox"/> Lasagne	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
WEDNESDAY		
<input type="checkbox"/> Roast Beef & Gravy	<input type="checkbox"/> Fruit Cake	<input type="checkbox"/> Beef & Vegetable Soup
<input type="checkbox"/> Roast Pork & Gravy	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
THURSDAY		
<input type="checkbox"/> Braised Steak with Onion Gravy	<input type="checkbox"/> Apple Pudding & Cream	<input type="checkbox"/> Pumpkin Soup
<input type="checkbox"/> Chicken Schnitzel with Gravy	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
FRIDAY		
<input type="checkbox"/> Crumbed Fish & Vegetables	<input type="checkbox"/> Chocolate Mousse with Cream	<input type="checkbox"/> Cream of Chicken Soup
<input type="checkbox"/> Lemon Chicken & Rice	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments

Menu for Week 2

MAIN MEAL	DESSERT	SOUP/BREAD
MONDAY		
<input type="checkbox"/> Apricot Chicken	<input type="checkbox"/> Self-Saucing Pudding	<input type="checkbox"/> Potato & Leek Soup
<input type="checkbox"/> Steak & Kidney Pie	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
TUESDAY		
<input type="checkbox"/> Beef & Rice Balls in Tomato Sauce	<input type="checkbox"/> Salted Caramel Pannacotta	<input type="checkbox"/> Beef Minestrone Soup
<input type="checkbox"/> Marinated Chicken	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
WEDNESDAY		
<input type="checkbox"/> Roast Chicken with Mushroom Sauce	<input type="checkbox"/> Trifle	<input type="checkbox"/> Tomato Soup
<input type="checkbox"/> Roast Pork & Gravy	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
THURSDAY		
<input type="checkbox"/> Chicken Rissoles	<input type="checkbox"/> Fruit Crumble	<input type="checkbox"/> Chicken & Vegetable Soup
<input type="checkbox"/> Pork In Plum Sauce	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
FRIDAY		
<input type="checkbox"/> Crumbed Fish & Vegetables	<input type="checkbox"/> Chocolate Bavarian	<input type="checkbox"/> Spring Vegetable Soup
<input type="checkbox"/> Beef Curry	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments



Menu for Week 3

MAIN MEAL	DESSERT	SOUP/BREAD
MONDAY		
<input type="checkbox"/> Beef Rissoles	<input type="checkbox"/> Apple Pie & Cream	<input type="checkbox"/> Sweetcorn Soup
<input type="checkbox"/> Sweet & Sour Pork	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
TUESDAY		
<input type="checkbox"/> Honey Mustard Chicken	<input type="checkbox"/> Baked Custard	<input type="checkbox"/> Cauliflower Soup
<input type="checkbox"/> Steak Dianne with Potato Bake	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
WEDNESDAY		
<input type="checkbox"/> Roast Beef & Gravy	<input type="checkbox"/> Blueberry Cheesecake	<input type="checkbox"/> Beef & Vegetable Soup
<input type="checkbox"/> Roast Chicken & Gravy	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
THURSDAY		
<input type="checkbox"/> Tuna Mornay	<input type="checkbox"/> Sticky Date Pudding with Cream	<input type="checkbox"/> Pumpkin Soup
<input type="checkbox"/> Curried Sausages	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
FRIDAY		
<input type="checkbox"/> Crumbed Fish & Vegetables	<input type="checkbox"/> Passionfruit Pavlova	<input type="checkbox"/> Cream of Chicken Soup
<input type="checkbox"/> Ham Steaks with Grilled Pineapple	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments

Menu for Week 4

MAIN MEAL	DESSERT	SOUP/BREAD
MONDAY		
<input type="checkbox"/> Silverside with White Sauce	<input type="checkbox"/> Fruit Cobbler	<input type="checkbox"/> Potato & Leek Soup
<input type="checkbox"/> Savoury Mince	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
TUESDAY		
<input type="checkbox"/> Crumbed Steak	<input type="checkbox"/> Chocolate Brownies, Cream & Butterscotch Sauce	<input type="checkbox"/> Beef Minestrone Soup
<input type="checkbox"/> Chicken Mornay	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
WEDNESDAY		
<input type="checkbox"/> Roast Chicken with Gravy	<input type="checkbox"/> Strawberry Mousse Tart	<input type="checkbox"/> Tomato Soup
<input type="checkbox"/> Roast Pork & Gravy	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
THURSDAY		
<input type="checkbox"/> Shepherd's Pie	<input type="checkbox"/> Bread & Butter Pudding & Cream	<input type="checkbox"/> Chicken & Vegetable Soup
<input type="checkbox"/> Sausages & Gravy	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments
FRIDAY		
<input type="checkbox"/> Crumbed Fish & Vegetables	<input type="checkbox"/> Lemon Delicious	<input type="checkbox"/> Spring Vegetable Soup
<input type="checkbox"/> Meatloaf	<input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Yoghurt	<input type="checkbox"/> Bread with Condiments

Please indicate quantities of bags of bread you would like, as you can receive more on Fridays to cover the weekends, or perhaps breakfast each day (each bag contains two slices of bread, butter and assorted condiments).