



Name \_\_\_\_\_

## SUMMER MENU

### Menu for Week 1

MAIN MEAL	DESSERT	SOUP
<b>MONDAY</b>		
<input type="checkbox"/> Beef Croquettes	<input type="checkbox"/> Apple & Rhubarb Crumble	<input type="checkbox"/> Sandwich of the Day
<input type="checkbox"/> Country Chicken Casserole	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>TUESDAY</b>		
<input type="checkbox"/> Chicken Schnitzel & Gravy	<input type="checkbox"/> Chocolate Mousse with Cream	<input type="checkbox"/> Wrap of the Day
<input type="checkbox"/> Bacon & Roast Vegetable Quiche	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>WEDNESDAY</b>		
<input type="checkbox"/> Roast Beef & Gravy	<input type="checkbox"/> Jam & Cream Sponge	<input type="checkbox"/> Sandwich of the Day
<input type="checkbox"/> Roast Pork & Gravy	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>THURSDAY</b>		
<input type="checkbox"/> Pork Kofta with Apple Gravy	<input type="checkbox"/> Jelly, Fruit & Custard	<input type="checkbox"/> Wrap of the Day
<input type="checkbox"/> Beef Stroganoff	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>FRIDAY</b>		
<input type="checkbox"/> Crumbed Fish & Vegetables	<input type="checkbox"/> Apple Pudding	<input type="checkbox"/> Sandwich of the Day
<input type="checkbox"/> Grilled Fish & Vegetables	<input type="checkbox"/> Fresh Fruit Salad	
<input type="checkbox"/> Beef & Rice Balls in Tomato Sauce	<input type="checkbox"/> Yoghurt	

### Menu for Week 2

MAIN MEAL	DESSERT	SOUP
<b>MONDAY</b>		
<input type="checkbox"/> Mango Chicken	<input type="checkbox"/> Salted Caramel Pannacotta	<input type="checkbox"/> Sandwich of the Day
<input type="checkbox"/> Beef Lasagne	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>TUESDAY</b>		
<input type="checkbox"/> Savoury Mince	<input type="checkbox"/> Chocolate Bavarian	<input type="checkbox"/> Wrap of the Day
<input type="checkbox"/> Tuna Mornay	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>WEDNESDAY</b>		
<input type="checkbox"/> Roast Chicken with Gravy	<input type="checkbox"/> Apple Shortcake	<input type="checkbox"/> Sandwich of the Day
<input type="checkbox"/> Roast Lamb & Gravy	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>THURSDAY</b>		
<input type="checkbox"/> Steak & Kidney Pie	<input type="checkbox"/> Trifle	<input type="checkbox"/> Wrap of the Day
<input type="checkbox"/> Marinated Chicken Skewers	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>FRIDAY</b>		
<input type="checkbox"/> Crumbed Fish & Vegetables	<input type="checkbox"/> Peach & Pear Strudel with Custard	<input type="checkbox"/> Sandwich of the Day
<input type="checkbox"/> Grilled Fish & Vegetables	<input type="checkbox"/> Fresh Fruit Salad	
<input type="checkbox"/> Zucchini & Bacon Slice	<input type="checkbox"/> Yoghurt	



**Meals on Wheels**  
Dubbo

Meals are proudly prepared by Wilay Café from Monday 14 October 2024

**2/2024 - Main Meal, Dessert & Soup for a flat price of \$13.00**

### Menu for Week 3

MAIN MEAL	DESSERT	SOUP
<b>MONDAY</b>		
<input type="checkbox"/> Curry Prawns & Rice	<input type="checkbox"/> Chocolate Brownie & Cream	<input type="checkbox"/> Sandwich of the Day
<input type="checkbox"/> Meatloaf & Gravy	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>TUESDAY</b>		
<input type="checkbox"/> Chicken & Asparagus Bake in White Sauce	<input type="checkbox"/> Baked Custard	<input type="checkbox"/> Wrap of the Day
<input type="checkbox"/> Crumbed Steak & Gravy	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>WEDNESDAY</b>		
<input type="checkbox"/> Roast Beef & Gravy	<input type="checkbox"/> Apple Pie & Cream	<input type="checkbox"/> Sandwich of the Day
<input type="checkbox"/> Roast Chicken & Gravy	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>THURSDAY</b>		
<input type="checkbox"/> Sweet & Sour Chicken	<input type="checkbox"/> Sticky Date Pudding with Butterscotch Sauce	<input type="checkbox"/> Wrap of the Day
<input type="checkbox"/> Grilled Sausage & Gravy	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>FRIDAY</b>		
<input type="checkbox"/> Crumbed Fish & Vegetables	<input type="checkbox"/> Lemon Poppyseed Cake with Lemon Icing	<input type="checkbox"/> Sandwich of the Day
<input type="checkbox"/> Grilled Fish & Vegetables	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<input type="checkbox"/> Ham Steaks with Grilled Pineapple		

Name \_\_\_\_\_

### Menu for Week 4

MAIN MEAL	DESSERT	SOUP
<b>MONDAY</b>		
<input type="checkbox"/> Silverside with White Sauce	<input type="checkbox"/> Fruit Pavlova	<input type="checkbox"/> Sandwich of the Day
<input type="checkbox"/> Fish Cakes & White Sauce	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>TUESDAY</b>		
<input type="checkbox"/> Steak Dianne with Potato Bake	<input type="checkbox"/> Tiramisu	<input type="checkbox"/> Wrap of the Day
<input type="checkbox"/> Butter Chicken	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>WEDNESDAY</b>		
<input type="checkbox"/> Roast Chicken & Gravy	<input type="checkbox"/> Peaches & Custard	<input type="checkbox"/> Sandwich of the Day
<input type="checkbox"/> Roast Lamb & Gravy	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>THURSDAY</b>		
<input type="checkbox"/> Beef Rissoles & Gravy	<input type="checkbox"/> Bread & Butter Pudding & Cream	<input type="checkbox"/> Wrap of the Day
<input type="checkbox"/> Chicken Pot Pie	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<b>FRIDAY</b>		
<input type="checkbox"/> Crumbed Fish & Vegetables	<input type="checkbox"/> Butterscotch Pudding	<input type="checkbox"/> Sandwich of the Day
<input type="checkbox"/> Grilled Fish & Vegetables	<input type="checkbox"/> Fresh Fruit Salad <input type="checkbox"/> Yoghurt	
<input type="checkbox"/> Curried Sausages		