

Nutrition & Food Services
MEALS ON WHEELS MENU

Please tick your choice in the box

NAME

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
WEEK ONE	<input type="checkbox"/> Savoury Mince or	<input type="checkbox"/> Bacon & Egg Pie or	<input type="checkbox"/> Roast Beef <input type="checkbox"/> Gravy or	<input type="checkbox"/> Chicken Flan or	<input type="checkbox"/> Meat loaf <input type="checkbox"/> Gravy or
	<input type="checkbox"/> Oakhill Potato & Bacon or	<input type="checkbox"/> Creamed chicken or	<input type="checkbox"/> Macaroni Cheese	<input type="checkbox"/> Braised Sausages or	<input type="checkbox"/> Baked Crumbed Fish or
	<input type="checkbox"/> Pumpkin Savoury	<input type="checkbox"/> Cottage cheese Moussaka	<input type="checkbox"/> Mashed Potato or	<input type="checkbox"/> Hunza Pie	<input type="checkbox"/> Vegetarian Frittata
	<input type="checkbox"/> Mashed Potato or	<input type="checkbox"/> Mashed Potato	<input type="checkbox"/> Roast Potato	<input type="checkbox"/> Mashed Potato	<input type="checkbox"/> Mashed Potato
	<input type="checkbox"/> Parsley Potato	<input type="checkbox"/> Seasonal Vegetables	<input type="checkbox"/> Seasonal Vegetables	<input type="checkbox"/> Seasonal Vegetables	<input type="checkbox"/> Seasonal Vegetables
	<input type="checkbox"/> Seasonal Vegetables	<input type="checkbox"/> Steamed Pudding & Custard or	<input type="checkbox"/> Baked Orange Pudd & Custard or	<input type="checkbox"/> Lemon Sponge or	<input type="checkbox"/> Fruit Shortcake & Custard or
	<input type="checkbox"/> Tiramisu or	<input type="checkbox"/> Stewed Fruit or	<input type="checkbox"/> Stewed Fruit or	<input type="checkbox"/> Stewed Fruit or	<input type="checkbox"/> Stewed Fruit or
	<input type="checkbox"/> Stewed Fruit or Fresh Fruit	<input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Fresh Fruit
WEEK TWO	<input type="checkbox"/> Shepherds Pie or	<input type="checkbox"/> Smoked Fish Pasta or	<input type="checkbox"/> Steak & Vege Casserole or	<input type="checkbox"/> Roast Beef <input type="checkbox"/> Gravy or	<input type="checkbox"/> Corned Beef & <input type="checkbox"/> Onion Sauce or
	<input type="checkbox"/> Pasta Rataouille	<input type="checkbox"/> Egg & Vege Mornay	<input type="checkbox"/> Baked Chicken Cutlet <input type="checkbox"/> Gravy or	<input type="checkbox"/> Vegetarian Lasagne	<input type="checkbox"/> Scalloped Potatoes
	<input type="checkbox"/> Mashed Potato	<input type="checkbox"/> Mashed Potato or	<input type="checkbox"/> Silverbeet & Cheese Slice	<input type="checkbox"/> Mashed Potato or	<input type="checkbox"/> Mashed Potato
	<input type="checkbox"/> Seasonal Vegetables	<input type="checkbox"/> Parsley Potato	<input type="checkbox"/> Mashed Potato	<input type="checkbox"/> Roast Potato	<input type="checkbox"/> Seasonal Vegetables
	<input type="checkbox"/> Fruited Jelly or	<input type="checkbox"/> Seasonal Vegetables	<input type="checkbox"/> Seasonal Vegetables	<input type="checkbox"/> Seasonal Vegetables	<input type="checkbox"/> Trifle or
	<input type="checkbox"/> Stewed Fruit or	<input type="checkbox"/> Dutch Apple Cake & Custard or	<input type="checkbox"/> Steamed Pudding & Custard or	<input type="checkbox"/> Fruit Crumble & Custard or	<input type="checkbox"/> Stewed Fruit or
	<input type="checkbox"/> Stewed Fruit or	<input type="checkbox"/> Stewed Fruit or	<input type="checkbox"/> Stewed Fruit or	<input type="checkbox"/> Stewed Fruit or	<input type="checkbox"/> Fresh Fruit
	<input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Fresh Fruit



Number of frozen meals required

Number of frozen meals required

