

**Nutrition & Food Services**  
**MEALS ON WHEELS MENU**

Please tick your choice in the box

**NAME** .....

	Monday	Tuesday	Wednesday	Thursday	Friday				
<b>WEEK ONE</b>	<input type="checkbox"/> Shepherds Pie <b>or</b> <input type="checkbox"/> Oakhill Potato & Bacon <b>or</b> <input type="checkbox"/> Pumpkin Savoury  <input type="checkbox"/> Parsley Potato or Mashed Potato  <input type="checkbox"/> Seasonal Vegetables  <input type="checkbox"/> Creamy Rice & Canned Fruit <b>or</b>  <input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Bacon & Egg Pie <b>or</b> <input type="checkbox"/> Creamed chicken <b>or</b> <input type="checkbox"/> Cottage cheese <input type="checkbox"/> Moussaka  <input type="checkbox"/> Gourmet Potato or Mashed Potato  <input type="checkbox"/> Seasonal Vegetables  <input type="checkbox"/> Steamed Pudding & Custard <b>or</b> <input type="checkbox"/> Canned Fruit or <input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Roast Beef & <input type="checkbox"/> Gravy  <b>or</b>  <input type="checkbox"/> Vegetarian Quiche  <input type="checkbox"/> Roast Potato <b>or</b> <input type="checkbox"/> Mashed Potato  <input type="checkbox"/> Seasonal Vegetables  <input type="checkbox"/> Chocolate Mousse <b>or</b> <input type="checkbox"/> Canned Fruit or <input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Chicken Pie <b>or</b> <input type="checkbox"/> Braised Sausages <b>or</b> <input type="checkbox"/> Hunza Pie  <input type="checkbox"/> Rice <b>or</b> <input type="checkbox"/> Mashed Potato  <input type="checkbox"/> Seasonal Vegetables  <input type="checkbox"/> Lemon Sponge <b>or</b> <input type="checkbox"/> Canned Fruit or <input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Meat loaf & <input type="checkbox"/> Gravy <b>or</b> <input type="checkbox"/> Crumbed Fish & Tartare Sauce <b>or</b> <input type="checkbox"/> Vegetarian Frittata  <input type="checkbox"/> Parsley Potato <b>or</b> <input type="checkbox"/> Mashed Potato  <input type="checkbox"/> Seasonal Vegetables  <input type="checkbox"/> Fruit Shortcake & Custard <b>or</b> <input type="checkbox"/> Canned Fruit or <input type="checkbox"/> Fresh Fruit	<input type="checkbox"/>	<b>Number of frozen meals required</b>		
	<b>WEEK TWO</b>	<input type="checkbox"/> Braised Hogget Chop <b>or</b> <input type="checkbox"/> Macaroni Cheese with bacon <b>or</b>  <input type="checkbox"/> Macaroni Cheese NO bacon  <input type="checkbox"/> Parsley Potato <b>or</b> <input type="checkbox"/> Mashed Potato <input type="checkbox"/> Seasonal Vegetables  <input type="checkbox"/> Fruited Jelly <b>or</b> <input type="checkbox"/> Yoghurt <b>or</b> <input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Smoked Fish Pasta <b>or</b> <input type="checkbox"/> Ham Steak & Pineapple Sauce <b>or</b> <input type="checkbox"/> Egg & Vege Mornay  <input type="checkbox"/> Parsley Potato <b>or</b> <input type="checkbox"/> Mashed Potato <input type="checkbox"/> Seasonal Vegetables  <input type="checkbox"/> Dutch Apple Cake & Custard <b>or</b> <input type="checkbox"/> Canned Fruit or <input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Corned Beef & Onion Sauce <b>or</b> <input type="checkbox"/> Chicken Cutlet & Gravy <b>or</b> <input type="checkbox"/> Chinese Omelette  <input type="checkbox"/> Gourmet Potato <b>or</b> <input type="checkbox"/> Mashed Potato <input type="checkbox"/> Seasonal Vegetables  <input type="checkbox"/> Chocolate Blancmange & Canned Fruit or  <input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Roast Pork & Gravy & Apple Sauce <b>or</b> <input type="checkbox"/> Vegetarian Lasagne  <input type="checkbox"/> Roast Potato <b>or</b> <input type="checkbox"/> Mashed Potato  <input type="checkbox"/> Seasonal Vegetables  <input type="checkbox"/> Fruit Crumble & Custard <b>or</b> <input type="checkbox"/> Canned Fruit or <input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Curried Beef <b>or</b> <input type="checkbox"/> Pork Chow Mein <b>or</b> <input type="checkbox"/> Vegetarian Scalloped Potatoes  <input type="checkbox"/> Rice <b>or</b> <input type="checkbox"/> Mashed Potato  <input type="checkbox"/> Seasonal Vegetables  <input type="checkbox"/> Trifle <b>or</b> <input type="checkbox"/> Canned Fruit or <input type="checkbox"/> Fresh Fruit		<input type="checkbox"/>	<b>Number of frozen meals required</b>