

Client Name: \_\_\_\_\_

**WEEK 1 - 4 – 7 February 2025**

Item	TUESDAY – 4 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Honey Mustard Chicken with rice, beans & carrots ( <i>GF, Dia</i> )	
Main Meal B	<input type="checkbox"/> Roast Beef & Gravy with roast potato, roast pumpkin & peas ( <i>GF, LF, Dia</i> )	
Vegetarian Main Meal	<input type="checkbox"/> Mushroom & Spinach Risotto with peas & carrots ( <i>GF, LF, Dia</i> )	
Salad Meal A	<input type="checkbox"/> Chicken Caesar Salad ( <i>Dia</i> )	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, potato salad & roast beef ( <i>GF, LF, Dia</i> )	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Crème of Vegetable ( <i>GF, LF, Dia</i> )	
Soup B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Dessert A	<input type="checkbox"/> Bread & Butter Pudding with whipped cream	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Sandwich A	<input type="checkbox"/> Picked pork, cheese & tomato	
Sandwich B	<input type="checkbox"/> Egg & Lettuce	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

Item	WEDNESDAY – 5 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Minted Lamb Casserole with mashed potato, carrots & beans ( <i>GF, LF, Dia</i> )	
Main Meal B	<input type="checkbox"/> Pickled Pork & white sauce with mashed pumpkin, peas & squash ( <i>GF, Dia</i> )	
Vegetarian Main Meal	<input type="checkbox"/> Spinach & Feta Slice with mashed potato, carrots & beans ( <i>GF, Dia</i> )	
Salad Meal A	<input type="checkbox"/> Beetroot, Feta & Walnut Salad with tomato, potato salad & lamb ( <i>GF, LF, Dia</i> )	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, potato salad & pickled pork ( <i>GF, LF, Dia</i> )	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> French Onion Soup ( <i>GF, LF, Dia</i> )	
Soup B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Dessert A	<input type="checkbox"/> Lemon Cheesecake	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Sandwich A	<input type="checkbox"/> Roast Beef, Cheese & Tomato chutney	
Sandwich B	<input type="checkbox"/> Chicken Mayo & Lettuce	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

Item	THURSDAY – 6 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Apricot Chicken with rice, beans & carrots ( <i>GF, LF, Dia</i> )	
Main Meal B	<input type="checkbox"/> Italian Pork meatballs in Napoli sauce, mashed potato, broccoli & corn ( <i>GF, Dia</i> )	
Vegetarian Main Meal	<input type="checkbox"/> Pea, Carrot & Peanut Pilaf with broccoli & corn ( <i>GF, LF, Dia</i> )	
Salad Meal A	<input type="checkbox"/> Roast sweet potato, sultana & peanut rice salad with roast beef ( <i>GF, LF, Dia</i> )	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, potato salad & roast lamb ( <i>GF, LF, Dia</i> )	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Potato & Leek ( <i>GF, Dia</i> )	
Soup B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Dessert A	<input type="checkbox"/> Fruit cake & Custard ( <i>Dia</i> )	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Sandwich A	<input type="checkbox"/> Pork, cheese, red onion & apple sauce	
Sandwich B	<input type="checkbox"/> Tuna, Mayo, & Lettuce	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

Item	FRIDAY – 7 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Roast Chicken, Gravy with roast potato, carrots & brussel sprouts ( <i>GF, LF, Dia</i> )	
Main Meal B	<input type="checkbox"/> Crumbed Fish & Tartare Sauce with chips, mashed pumpkin & beans ( <i>Dia</i> )	
Vegetarian Main Meal	<input type="checkbox"/> Vegetarian dim sims with roast potato, honey carrots & brussel sprouts ( <i>LF, Dia</i> )	
Salad Meal A	<input type="checkbox"/> Chicken Pesto pasta salad, sundried tomato, red onion & pesto mayo ( <i>LF, Dia</i> )	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, potato salad & roast pork ( <i>GF, LF, Dia</i> )	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Crème of Broccoli Soup ( <i>Dia</i> )	
Soup B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Dessert A	<input type="checkbox"/> Mud cake & ganache	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Sandwich A	<input type="checkbox"/> Ham, cheese & tomato	
Sandwich B	<input type="checkbox"/> Curried Egg & Lettuce	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

**WEEK 2 - 11 – 14 February 2025**

Item	TUESDAY – 11 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Beef Sausages, onion gravy, sweet potato mash, beans & squash <i>(GF, LF, Dia)</i>	
Main Meal B	<input type="checkbox"/> Chicken Schnitzel & gravy with roast pumpkin, peas & corn <i>(GF, LF, Dia)</i>	
Vegetarian Main Meal	<input type="checkbox"/> Roasted pumpkin, chickpea & spinach risotto with beans & squash <i>(GF, LF, Dia)</i>	
Salad Meal A	<input type="checkbox"/> Roasted pumpkin, salad with tomato, sweet potato salad & roast pork <i>(Dia)</i>	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, sweet potato salad & roast lamb <i>(GF, LF, Dia)</i>	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Crème of Cauliflower Soup <i>(GF, Dia)</i>	
Soup B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Dessert A	<input type="checkbox"/> Apricot Crumble & Custard <i>(Dia)</i>	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Sandwich A	<input type="checkbox"/> Chicken Mayo & Lettuce	
Sandwich B	<input type="checkbox"/> Corned Beef, Cheese & Pickles	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

Item	WEDNESDAY – 12 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> BBQ Pulled Pork with mashed potato, peas & carrots <i>(GF, LF, Dia)</i>	
Main Meal B	<input type="checkbox"/> Beef Rissoles & gravy with sweet potato mash, beans & cabbage <i>(GF, LF, Dia)</i>	
Vegetarian Main Meal	<input type="checkbox"/> Zucchini & Corn Slice with sweet potato mash, beans & cabbage <i>(GF, Dia)</i>	
Salad Meal A	<input type="checkbox"/> Thai Chicken Salad <i>(GF, LF, Dia)</i>	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, sweet potato salad & roast beef <i>(GF, LF, Dia)</i>	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Mushroom Soup <i>(GF, Dia)</i>	
Soup B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Dessert A	<input type="checkbox"/> Carrot Cake with Cream Cheese Icing	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Sandwich A	<input type="checkbox"/> Roast Beef, Tomato & Dijon Mustard	
Sandwich B	<input type="checkbox"/> Ham, Cheese & Pickles	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

Item	THURSDAY – 13 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Roast Lamb & rosemary gravy mashed potato, roast pumpkin & peas <i>(GF, LF, Dia)</i>	
Main Meal B	<input type="checkbox"/> Battered Sweet & Sour Pork with fried rice, broccoli, carrots & cauliflower <i>(LF, Dia)</i>	
Vegetarian Main Meal	<input type="checkbox"/> Vegetarian Schnitzel with fried rice, broccoli, carrots & cauliflower <i>(GF, LF, Dia)</i>	
Salad Meal A	<input type="checkbox"/> Greek Salad <i>(GF, LF, Dia)</i>	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, sweet potato salad & roast pork <i>(GF, LF, Dia)</i>	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Chicken Noodle <i>(LF, Dia)</i>	
Soup B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Dessert A	<input type="checkbox"/> Creamed Rice with Apricots <i>(GF, Dia)</i>	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Sandwich A	<input type="checkbox"/> BBQ Pulled Pork & Coleslaw	
Sandwich B	<input type="checkbox"/> Egg & Lettuce	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

Item	FRIDAY – 14 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Grilled Fish & hollandaise sauce with mashed potato, broccoli & carrots <i>(GF, Dia)</i>	
Main Meal B	<input type="checkbox"/> Mild Chicken Korma with rice, roast pumpkin & beans <i>(GF, LF, Dia)</i>	
Vegetarian Main Meal	<input type="checkbox"/> Roast pumpkin & sundried tomato creamy pasta with broccoli & carrots <i>(Dia)</i>	
Salad Meal A	<input type="checkbox"/> Tuna Nicoise Salad with Sweet Potato Salad <i>(GF, LF, Dia)</i>	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, sweet potato salad & corned beef <i>(GF, LF, Dia)</i>	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Beef & Vegetable <i>(GF, LF, Dia)</i>	
Soup B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Dessert A	<input type="checkbox"/> Two Fruits Jelly & Custard	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Sandwich A	<input type="checkbox"/> Curried Egg & Lettuce	
Sandwich B	<input type="checkbox"/> Ham, Cheese & Tomato	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

Client Name: \_\_\_\_\_

**WEEK 3 - 18 – 21 February 2025**

Item	TUESDAY – 18 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Quiche Lorraine & tomato chutney with roast Potato, broccoli & squash ( <i>Dia</i> )	
Main Meal B	<input type="checkbox"/> Meatloaf (Beef) & gravy, mashed potato, roast carrots & beans ( <i>GF, LF, Dia</i> )	
Vegetarian Main Meal	<input type="checkbox"/> Pesto, sundried tomato creamy pasta with roasted carrots & beans ( <i>Dia</i> )	
Salad Meal	<input type="checkbox"/> Chicken Caesar Salad ( <i>Dia</i> )	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, potato salad & roast beef ( <i>GF, LF, Dia</i> )	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Potato & Leek Soup ( <i>GF, Dia</i> )	
Soup B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Dessert A	<input type="checkbox"/> Sticky Date Pudding & Custard	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Sandwich A	<input type="checkbox"/> Roast Beef, Cheese & Tomato Chutney	
Sandwich B	<input type="checkbox"/> Tuna, Mayo, & Lettuce	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

Item	WEDNESDAY – 19 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Chicken Vegetable Pie & gravy with mashed pumpkin & peas	
Main Meal B	<input type="checkbox"/> Roast Beef & gravy with roast potato, roast carrots & beans ( <i>GF, LF, Dia</i> )	
Vegetarian Main Meal	<input type="checkbox"/> Spinach & Feta Frittata with mashed pumpkin & peas ( <i>GF, Dia</i> )	
Salad Meal	<input type="checkbox"/> Roast Sweet Potato, sultana & peanut rice salad with roast beef ( <i>GF, LF, Dia</i> )	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, potato salad & roast lamb ( <i>GF, LF, Dia</i> )	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Minestrone ( <i>GF, LF, Dia</i> )	
Soup B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Dessert A	<input type="checkbox"/> Mango Cheesecake	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Sandwich A	<input type="checkbox"/> Roast Pork, Cheese, Red onion & Apple Sauce	
Sandwich B	<input type="checkbox"/> Corned Beef & Pickles	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

Item	THURSDAY – 20 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Roast Chicken & chasseur sauce with roast chat potato, carrot & beans ( <i>GF, Dia</i> )	
Main Meal B	<input type="checkbox"/> Beef Stroganoff with rice, corn & baked zucchini ( <i>GF, Dia</i> )	
Vegetarian Main Meal	<input type="checkbox"/> Vegetarian Steamed Dim Sims with Rice, Corn & Baked Zucchini ( <i>LF, Dia</i> )	
Salad Meal	<input type="checkbox"/> Thai Chicken Salad ( <i>GF, LF, Dia</i> )	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, potato salad & corned beef ( <i>GF, LF, Dia</i> )	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Spring Vegetable Soup ( <i>GF, Dia</i> )	
Soup B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Dessert A	<input type="checkbox"/> Apple rhubarb sponge with custard ( <i>Dia</i> )	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Sandwich A	<input type="checkbox"/> Egg & Lettuce	
Sandwich B	<input type="checkbox"/> Pickled Pork, Cheese & Tomato	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

Item	FRIDAY – 21 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Curried beef sausages with rice, carrots & beans ( <i>GF, LF, Dia</i> )	
Main Meal B	<input type="checkbox"/> Battered Fish & tartare sauce with chips, mashed pumpkin & peas ( <i>Dia</i> )	
Vegetarian Main Meal	<input type="checkbox"/> Pea, Carrot & Peanut Pilaf with roasted pumpkin & beans ( <i>GF, LF, Dia</i> )	
Salad Meal	<input type="checkbox"/> Beetroot, Feta & Walnut Salad with tomato, potato salad & lamb ( <i>GF, LF, Dia</i> )	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, potato salad & roast pork ( <i>GF, LF, Dia</i> )	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Crème of Tomato Soup ( <i>GF, LF, Dia</i> )	
Soup B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Dessert A	<input type="checkbox"/> Creamed Sago & Stewed Apricots	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice ( <i>GF, LF, Dia</i> )	
Sandwich A	<input type="checkbox"/> Chicken Mayo & Lettuce	
Sandwich B	<input type="checkbox"/> Ham, Cheese & Tomato	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

**WEEK 4 - 25-28 February 2025**

Item	TUESDAY – 25 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Roast Pork, gravy & apple sauce, roast potato, pumpkin & baked zucchini <i>(GF, LF, Dia)</i>	
Main Meal B	<input type="checkbox"/> Beef Lasagne with Broccoli, Cauliflower & Carrots <i>(Dia)</i>	
Vegetarian Main Meal	<input type="checkbox"/> Zucchini & Corn Slice with broccoli, cauliflower & carrot <i>(GF, Dia)</i>	
Salad Meal	<input type="checkbox"/> Greek Salad with sweet potato salad & beef <i>(GF, LF, Dia)</i>	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, sweet potato salad & lamb <i>(GF, LF, Dia)</i>	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Pumpkin Soup <i>(GF, Dia)</i>	
Soup B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Dessert A	<input type="checkbox"/> Apple Tea Cake with Custard <i>(Dia)</i>	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Sandwich A	<input type="checkbox"/> Roast Pork, Cheese, Red onion & Apple Sauce	
Sandwich B	<input type="checkbox"/> Egg & Lettuce	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

Item	WEDNESDAY – 26 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Chicken Kiev's with mashed potato, peas & corn <i>(Dia)</i>	
Main Meal B	<input type="checkbox"/> Cottage Pie (Beef) & gravy with roast pumpkin, beans & cauliflower <i>(GF, LF, Dia)</i>	
Vegetarian Main Meal	<input type="checkbox"/> Roast Pumpkin, chickpea & spinach risotto with beans & cauliflower <i>(GF, LF, Dia)</i>	
Salad Meal	<input type="checkbox"/> Roast Pumpkin, chickpea & red onion salad with sweet potato salad & roast pork <i>(GF, LF, Dia)</i>	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, sweet potato salad & chicken <i>(GF, LF, Dia)</i>	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Crème of Tomato Soup <i>(GF, LF, Dia)</i>	
Soup B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Dessert A	<input type="checkbox"/> Syrup Steamed Pudding & Custard	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Sandwich A	<input type="checkbox"/> Pickled Pork, Cheese & Tomato	
Sandwich B	<input type="checkbox"/> Roast Beef, Cheese & Dijon Mustard	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

Item	THURSDAY – 27 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Chicken Carbonara with Broccoli, Cauliflower & Carrots <i>(LF, Dia)</i>	
Main Meal B	<input type="checkbox"/> Beef Pie & Gravy with mashed potato & mushy peas <i>(LF, Dia)</i>	
Vegetarian Main Meal	<input type="checkbox"/> Vegetarian Pastie with macaroni pasta, broccoli, cauliflower & carrots <i>(LF, Dia)</i>	
Salad Meal	<input type="checkbox"/> Chicken pesto pasta salad, sundried tomato, red onion & pesto mayo <i>(LF, Dia)</i>	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, sweet potato salad & pickled pork <i>(GF, LF, Dia)</i>	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Asparagus Soup <i>(LF, Dia)</i>	
Soup B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Dessert A	<input type="checkbox"/> Mango Mousse & Pears <i>(GF, Dia)</i>	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Sandwich A	<input type="checkbox"/> Corned Beef, Cheese & Pickles	
Sandwich B	<input type="checkbox"/> Curried Egg & Lettuce	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

Item	FRIDAY – 28 February 2025	QTY
<b>Main Meals (choose any of the below for your main meal)</b>		
Main Meal A	<input type="checkbox"/> Baked Fish, tomato & basil sauce, roast chat potato, carrot & beans <i>(GF, LF, Dia)</i>	
Main Meal B	<input type="checkbox"/> Corned Beef & mustard white sauce with mashed potato, roast sweet potato & peas <i>(GF, Dia)</i>	
Vegetarian Main Meal	<input type="checkbox"/> Sundried tomato, spinach & olive frittata with roast sweet potato & peas <i>(Dia)</i>	
Salad Meal	<input type="checkbox"/> Tuna Nicoise Salad with Sweet Potato Salad <i>(GF, LF, Dia)</i>	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, sweet potato salad & Silverside <i>(GF, LF, Dia)</i>	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
<b>Other Menu Items</b>		
Soup A	<input type="checkbox"/> Chicken & Corn Soup <i>(GF, Dia)</i>	
Soup B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Dessert A	<input type="checkbox"/> Apple Pie & Custard	
Dessert B	<input type="checkbox"/> Chef's Dietary Choice <i>(GF, LF, Dia)</i>	
Sandwich A	<input type="checkbox"/> Ham, cheese & tomato	
Sandwich B	<input type="checkbox"/> Chicken Mayo & Lettuce	
Please indicate your bread preference for Sandwiches: <input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Multi-grain		
1L-Fruit Drink	<input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/> Tropical	
Snack Pack A	<input type="checkbox"/> Assorted Fruit Cup, Oat Bar, Fruit Yoghurt, Fruit Bar	
Snack Pack B	<input type="checkbox"/> Assorted Rice Cakes, Cheese & Crackers, Nuts, Fruit Filled Bar	
Breakfast bag	<input type="checkbox"/> Please call the office to make selections	

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