

Client Name: _____

WEEK 1 | 22 July – 25 July 2025 (CHILLED MEALS ONLY)

Item	TUESDAY – 22 July 2025	QTY
Main Meals (choose any of the below for your main meal)		
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		
Other Menu Items		
Soup	<input type="checkbox"/> Crème of Vegetable <i>(GF, LF, Dia)</i>	
Dessert	<input type="checkbox"/> Bread & Butter Pudding with whipped cream	
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 – 23 July 2025	QTY
Main Meals (choose any of the below for your main meal)		
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 onion, 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		
Other Menu Items		
Soup	<input type="checkbox"/> French Onion Soup <i>(GF, LF, Dia)</i>	
Dessert	<input type="checkbox"/> Lemon Cheesecake	
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 – 24 July 2025	QTY
Main Meals (choose any of the below for your main meal)		
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		
Other Menu Items		
Soup	<input type="checkbox"/> Potato & Leek <i>(GF, Dia)</i>	
Dessert	<input type="checkbox"/> Fruit cake & Custard <i>(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 – 25 July 2025	QTY
Main Meals (choose any of the below for your main meal)		
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		
Other Menu Items		
Soup	<input type="checkbox"/> Crème of Broccoli Soup <i>(Dia)</i>	
Dessert	<input type="checkbox"/> Mud cake & ganache	
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 | 29 July – 1 August 2025 (CHILLED MEALS ONLY)

Item	TUESDAY – 29 July 2025	QTY
Main Meals (choose any of the below for your main meal)		
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"/> 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 & roast lamb <i>(GF, LF, Dia)</i>	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
Other Menu Items		
Soup	<input type="checkbox"/> Crème of Cauliflower Soup <i>(GF, Dia)</i>	
Dessert	<input type="checkbox"/> Apricot Crumble & Custard	
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 – 30 July 2025	QTY
Main Meals (choose any of the below for your main meal)		
Main Meal A	<input type="checkbox"/> BBQ Pulled Pork with mashed potato, peas & carrots <i>(GF, LF,)</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>(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		
Other Menu Items		
Soup	<input type="checkbox"/> Mushroom Soup <i>(GF, Dia)</i>	
Dessert	<input type="checkbox"/> Carrot Cake with Cream Cheese Icing	
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 – 31 July 2025	QTY
Main Meals (choose any of the below for your main meal)		
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		
Other Menu Items		
Soup	<input type="checkbox"/> Chicken Noodle <i>(LF, Dia)</i>	
Dessert	<input type="checkbox"/> Creamed Rice with Apricots <i>(GF, Dia)</i>	
Sandwich A	<input type="checkbox"/> BBQ Pulled Pork & Coleslaw	
Sandwich B	<input type="checkbox"/> Egg, 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 – 1 August 2025	QTY
Main Meals (choose any of the below for your main meal)		
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)</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 <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		
Other Menu Items		
Soup	<input type="checkbox"/> Beef & Vegetable <i>(GF, LF, Dia)</i>	
Dessert	<input type="checkbox"/> Two Fruits Jelly & Custard	
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	

Client Name: _____

WEEK 3 | 5 August – 8 August 2025 (CHILLED MEALS ONLY)

Item	TUESDAY – 5 August 2025	QTY
Main Meals (choose any of the below for your main meal)		
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 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		
Other Menu Items		
Soup	<input type="checkbox"/> Potato & Leek Soup <i>(GF, Dia)</i>	
Dessert	<input type="checkbox"/> Sticky Date Pudding & Custard	
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 – 6 August 2025	QTY
Main Meals (choose any of the below for your main meal)		
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 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		
Other Menu Items		
Soup	<input type="checkbox"/> Minestrone <i>(GF, LF, Dia)</i>	
Dessert	<input type="checkbox"/> Mango Cheesecake	
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 – 7 August 2025	QTY
Main Meals (choose any of the below for your main meal)		
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 A	<input type="checkbox"/> Thai Chicken Salad <i>(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		
Other Menu Items		
Soup	<input type="checkbox"/> Spring Vegetable Soup <i>(GF, Dia)</i>	
Dessert	<input type="checkbox"/> Apple rhubarb sponge with custard <i>(Dia)</i>	
Sandwich A	<input type="checkbox"/> Egg, Mayo & 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 – 8 August 2025	QTY
Main Meals (choose any of the below for your main meal)		
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 mashed pumpkin & beans <i>(GF, LF, Dia)</i>	
Salad Meal A	<input type="checkbox"/> Beetroot, Feta & Walnut Salad with onion, 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		
Other Menu Items		
Soup	<input type="checkbox"/> Crème of Tomato Soup <i>(GF, LF, Dia)</i>	
Dessert	<input type="checkbox"/> Creamed Sago & Stewed Apricots <i>(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 | 12 August – 15 August 2025 (CHILLED MEALS ONLY)

Item	TUESDAY – 12 August 2025	QTY
Main Meals (choose any of the below for your main meal)		
Main Meal A	<input type="checkbox"/> Roast Pork, gravy & apple sauce, roast potato, pumpkin & baked zucchini (GF, LF, Dia)	
Main Meal B	<input type="checkbox"/> Beef Lasagne with Broccoli, Cauliflower & Carrots (Dia)	
Vegetarian Main Meal	<input type="checkbox"/> Zucchini & Corn Slice with broccoli, cauliflower & carrot (GF, Dia)	
Salad Meal A	<input type="checkbox"/> Greek Salad with sweet potato salad & beef (GF, LF, Dia)	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, sweet potato salad & lamb (GF, LF, Dia)	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
Other Menu Items		
Soup	<input type="checkbox"/> Pumpkin Soup (GF, Dia)	
Dessert	<input type="checkbox"/> Apple Tea Cake with Custard (Dia)	
Sandwich A	<input type="checkbox"/> Roast Pork, Cheese, Red onion & Apple Sauce	
Sandwich B	<input type="checkbox"/> Egg, 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 – 13 August 2025	QTY
Main Meals (choose any of the below for your main meal)		
Main Meal A	<input type="checkbox"/> Chicken Kiev's with mashed potato, peas & corn (Dia)	
Main Meal B	<input type="checkbox"/> Cottage Pie (Beef) with roast pumpkin, beans & cauliflower (GF, LF, Dia)	
Vegetarian Main Meal	<input type="checkbox"/> Roast Pumpkin, chickpea & spinach risotto with beans & cauliflower (GF, LF, Dia)	
Salad Meal A	<input type="checkbox"/> Roast Pumpkin, chickpea & red onion salad with sweet potato salad & roast pork (GF, LF, Dia)	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, sweet potato salad & chicken (GF, LF, Dia)	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
Other Menu Items		
Soup	<input type="checkbox"/> Crème of Tomato Soup (GF, LF, Dia)	
Dessert	<input type="checkbox"/> Syrup Steamed Pudding & Custard	
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 – 14 August 2025	QTY
Main Meals (choose any of the below for your main meal)		
Main Meal A	<input type="checkbox"/> Chicken Carbonara with mashed potato Broccoli, Cauliflower & Carrots (Dia)	
Main Meal B	<input type="checkbox"/> Beef Pie & Gravy with mashed potato & mushy peas (LF, Dia)	
Vegetarian Main Meal	<input type="checkbox"/> Vegetarian Pastie with broccoli, cauliflower & carrots (LF, Dia)	
Salad Meal A	<input type="checkbox"/> Chicken pesto pasta salad, sundried tomato, red onion & pesto mayo (LF, Dia)	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, sweet potato salad & pickled pork (GF, LF, Dia)	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
Other Menu Items		
Soup	<input type="checkbox"/> Asparagus Soup (LF, Dia)	
Dessert	<input type="checkbox"/> Mango Mousse & Pears (GF, Dia)	
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 – 15 August 2025	QTY
Main Meals (choose any of the below for your main meal)		
Main Meal A	<input type="checkbox"/> Baked Fish, tomato & basil sauce, roast chat potato, carrot & beans (GF, LF, Dia)	
Main Meal B	<input type="checkbox"/> Corned Beef & mustard white sauce with mashed potato, roast sweet potato & peas (GF, Dia)	
Vegetarian Main Meal	<input type="checkbox"/> Sundried tomato, spinach & olive frittata with roast sweet potato & peas (Dia)	
Salad Meal A	<input type="checkbox"/> Tuna Nicoise Salad (GF, LF, Dia)	
Salad Meal B	<input type="checkbox"/> Garden Salad with egg, sweet potato salad & Silverside (GF, LF, Dia)	
Please indicate your meal size: <input type="checkbox"/> Standard <input type="checkbox"/> Small		
Other Menu Items		
Soup	<input type="checkbox"/> Chicken & Corn Soup (GF, Dia)	
Dessert	<input type="checkbox"/> Apple Pie & Custard	
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	

Office Use Only:

Run No: _____ Processed by: _____