



MORNINGTON PENINSULA Shire

Meals on Wheels, Your Choice Menu: Summer 2021-2022 (22 Nov 21 – 22 May 22)

Please retain this copy and keep for your records

Week 1

Starting: 22/11/21, 20/12/21, 17/1/22, 14/2/22, 14/3/22, 11/4/22, 9/5/22

For questions or assistance please phone 5950 1637

To select your menu: 1. Check it is your name in the top right-hand corner. 2. Select ONE item from each colour group for each day that you would normally receive a meal: placing a tick in the box next to the menu item you have chosen. 3. Return the sheets by placing them in the envelope provided and hand it to a delivery volunteer. 4. Keep the small copy for your reference.

Please Note Legend: V = Vegetarian option The Shire aims to reduce saturated fats, sugar and salt and to restrict the carbohydrate portion size in all meals, making each meal suitable for people with diabetes. However, you should consult a dietitian or doctor if you are concerned. All main meals are served with seasonal vegetables.

NOTE: IF YOU RECEIVE FROZEN MEALS, the meals delivered to you will be from your previous week's selection.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup (choose one): <input type="checkbox"/> Minestrone Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Sweet Potato and Coconut Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Pumpkin Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Corn Chowder (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Potato & Leek Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Celery Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Tomato Soup (V) <input type="checkbox"/> Vegetable Soup (V)
Main meal (choose one): <input type="checkbox"/> Shepherd's Pie <i>Baked lamb vegetable & potato pie.</i> <input type="checkbox"/> Crumbed Fish <i>With tartare sauce.</i> <input type="checkbox"/> Grilled Steak <i>Mashed potato & Steamed vegetables.</i> <input type="checkbox"/> Vegetable Coconut Curry (V) <i>With steamed rice.</i>	Main meal (choose one): <input type="checkbox"/> Sweet & Sour Pork <i>With steamed rice & stir-fried vegetables.</i> <input type="checkbox"/> Meat Loaf with Onion Gravy <input type="checkbox"/> Steamed Fish <i>Mashed potato & steamed vegetables.</i> <input type="checkbox"/> Spinach & Mushroom Crepe (V)	Main meal (choose one): <input type="checkbox"/> Roast Chicken <i>Roast vegetables, peas & gravy.</i> <input type="checkbox"/> Roast Lamb <i>Roast vegetables, peas & gravy.</i> <input type="checkbox"/> Grilled Pork Chop <i>Mashed potato & steamed vegetables.</i> <input type="checkbox"/> Vegetable Bake (V) <i>Cheese crust roast vegetables & gravy.</i>	Main meal (choose one): <input type="checkbox"/> Corned Beef Salad <i>Simple salad of beetroot, tomato, lettuce, potato salad egg & cheese.</i> <input type="checkbox"/> Quiche Lorraine <i>Egg, bacon & cheese pie</i> <input type="checkbox"/> Grilled Lamb Chop <i>Mashed potato & steamed vegetables</i> <input type="checkbox"/> Tomato & Feta Cheese Salad (V) <i>Summer salad, beetroot, tomato, potato, egg, cheese.</i>	Main meal (choose one): <input type="checkbox"/> Steamed Fish with Parsley sauce <input type="checkbox"/> Chilli Con Carne <i>Sautéed beef mince with beans coriander & tomato.</i> <input type="checkbox"/> Grilled Chicken <i>Mashed potato & steamed vegetables.</i> <input type="checkbox"/> Macaroni Cheese Bake (V)	Main meal (choose one): <input type="checkbox"/> Fish Tajine & Couscous <i>Mild spiced fish, lemon, tomato & coriander sauce.</i> <input type="checkbox"/> Grilled Pork Loin & Mustard Mash <input type="checkbox"/> Grilled Steak <i>Mashed potato & steamed vegetables.</i> <input type="checkbox"/> Tomato & Cheese Ravioli (V)	Main meal (choose one): <input type="checkbox"/> Roast Chicken <i>Roast vegetables peas & gravy.</i> <input type="checkbox"/> Roast Beef <i>Roast vegetables, peas & gravy</i> <input type="checkbox"/> Grilled Pork Chop <i>Mashed potato & steamed vegetables.</i> <input type="checkbox"/> Summer Vegetable Stew & Couscous (V)
Dessert (choose one): <input type="checkbox"/> Apricot Crumble & Custard (V) <input type="checkbox"/> Pears & Cream (V)	Dessert (choose one): <input type="checkbox"/> Mango Panna Cotta (V) <input type="checkbox"/> Vanilla Cherry Mousse (V)	Dessert (choose one): <input type="checkbox"/> Sultana Creamed Rice (V) <input type="checkbox"/> Stewed Fruit and Custard (V)	Dessert (choose one): <input type="checkbox"/> Strawberry Passionfruit Pavlova (V) <input type="checkbox"/> Chocolate Custard (V)	Dessert (choose one): <input type="checkbox"/> Lemon Drizzle Cake (V) <i>with yoghurt</i> <input type="checkbox"/> Flavoured Jelly	Dessert (choose one): <input type="checkbox"/> Pears & Yoghurt (V) <input type="checkbox"/> Sticky Date Pudding & Cream (V)	Dessert (choose one): <input type="checkbox"/> Peaches & Custard (V) <input type="checkbox"/> Tiramisu (V)
Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)



Meals on Wheels, Your Choice Menu: Summer 2021-2022 (22 Nov 21 – 22 May 22)

Week 2 Starting: 29/11/21, 27/12/21, 24/1/22, 21/2/22, 21/3/22, 18/4/22, 16/5/22

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup (choose one): <input type="checkbox"/> Carrot Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Tomato Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Celery Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Minestrone Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Spring Pea Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Sweet Potato & Coconut Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Pumpkin Soup (V) <input type="checkbox"/> Vegetable Soup (V)
Main meal (choose one): <input type="checkbox"/> Curried Sausages <i>Mild sweet curried beef sausages with rice.</i> <input type="checkbox"/> Salmon & Spinach Frittata <input type="checkbox"/> Grilled Chicken <i>mashed potato & steamed vegetables.</i> <input type="checkbox"/> Tomato Orzo Pasta <i>(V) Italian rice shaped pasta with tomato & basil.</i>	Main meal (choose one): <input type="checkbox"/> Aussie Lamb Stew <i>One pot meal of braised lamb, peas carrots & potato.</i> <input type="checkbox"/> Chicken Kiev <i>Crumbed chicken filled with garlic & parsley butter.</i> <input type="checkbox"/> Steamed Fish <i>Steamed vegetables & mashed potato.</i> <input type="checkbox"/> Pumpkin Dhal (V) <i>Red lentils pumpkin coriander & coconut.</i>	Main meal (choose one): <input type="checkbox"/> Roast Pork <i>Apple Sauce, Roast vegetables peas & gravy</i> <input type="checkbox"/> Roast Beef <i>Roast vegetables peas & gravy</i> <input type="checkbox"/> Grilled Lamb Chop <i>Mashed potato & steamed vegetables</i> <input type="checkbox"/> Vegetarian Roast (V) <i>Roast vegetables & vegetable gravy.</i>	Main meal (choose one): <input type="checkbox"/> Tuna Salad <i>Beetroot, tomato, lettuce, potato salad, boiled egg.</i> <input type="checkbox"/> Chicken Cashew Stir-fry <i>With Oyster Sauce & steamed rice.</i> <input type="checkbox"/> Grilled Steak <i>Steamed vegetables & mashed potato.</i> <input type="checkbox"/> Curried Egg Salad (V) <i>Beetroot, tomato, lettuce, potato salad & cheese.</i>	Main meal (choose one): <input type="checkbox"/> Crumbed Fish <i>With tartare sauce.</i> <input type="checkbox"/> Steak & Kidney Pie <i>With mashed potato peas & carrots.</i> <input type="checkbox"/> Grilled Chicken <i>Mashed potato & steamed vegetables.</i> <input type="checkbox"/> Black Bean Pattie (V) <i>(V) with coriander chutney.</i>	Main meal (choose one): <input type="checkbox"/> Meat Loaf with Onion Gravy <input type="checkbox"/> Sweet & Sour Pork <i>With Steamed Rice & Stir-fried Vegetables</i> <input type="checkbox"/> Steamed Fish <i>Steamed vegetables & mashed potato.</i> <input type="checkbox"/> Vegetarian Fried Rice (V)	Main meal (choose one): <input type="checkbox"/> Roast Lamb <i>Roast vegetables, peas & gravy.</i> <input type="checkbox"/> Roast Chicken <i>Roast vegetables, peas & gravy.</i> <input type="checkbox"/> Grilled Pork Chop <i>Mashed potato and steamed vegetables.</i> <input type="checkbox"/> Baked Eggplant, Zucchini, Ricotta & Tomato (V)
Dessert (choose one): <input type="checkbox"/> Apple Crumble & Custard (V) <input type="checkbox"/> Flavoured Jelly & Cream	Dessert (choose one): <input type="checkbox"/> Golden Syrup Sago Pudding (V) <input type="checkbox"/> Vanilla Panna cotta (V) <i>Vanilla cream dessert.</i>	Dessert (choose one): <input type="checkbox"/> Raspberry Cream Swirl (V) <input type="checkbox"/> Prunes & Custard (V)	Dessert (choose one): <input type="checkbox"/> Flourless Orange Cake & Cream. (V) <input type="checkbox"/> Greek Yoghurt & Honey (V)	Dessert (choose one): <input type="checkbox"/> Carrot Cake and Cream(V) <input type="checkbox"/> Peaches and Custard(V)	Dessert (choose one): <input type="checkbox"/> Vanilla Cherry Mousse (V) <input type="checkbox"/> Mango Panna Cotta (V)	Dessert (choose one): <input type="checkbox"/> Stewed Fruit & Custard (V) <input type="checkbox"/> Sultana Creamed Rice (V)
Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)



Meals on Wheels, Your Choice Menu: Summer 2021-2022 (22 Nov 21 – 22 May 22)

Week 3 Starting: 6/12/21, 3/1/22, 31/1/22, 28/2/22, 28/3/22, 25/4/22

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MORNINGTON PENINSULA

Shire

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup (choose one): <input type="checkbox"/> Corn Chowder (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Pumpkin Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Minestrone Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Potato & Leek Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Sweet Potato and Coconut (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Tomato Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Celery Soup (V) <input type="checkbox"/> Vegetable Soup (V)
Main meal (choose one): <input type="checkbox"/> Baked Ham & Mustard Sauce <input type="checkbox"/> Pepper Steak <i>Grilled steak pepper sauce mash & vegetables.</i> <input type="checkbox"/> Steamed Fish <i>Steamed vegetables & mashed potato.</i> <input type="checkbox"/> Spanakopita (V) <i>Traditional Greek spinach & cheese pastry</i>	Main meal (choose one): <input type="checkbox"/> Coq au Vin <i>Braised chicken thigh in red wine sauce.</i> <input type="checkbox"/> Singapore Noodles <i>Mild spiced noodles with pork & shrimp.</i> <input type="checkbox"/> Grilled Lamb Chop <i>Steamed vegetables and mashed potato.</i> <input type="checkbox"/> Vegetarian Lasagne (V) <i>(V) Layers of pasta & vegetables with tomatoes cheese sauce.</i>	Main meal (choose one): <input type="checkbox"/> Roast Lamb <i>Roast vegetables, peas & gravy</i> <input type="checkbox"/> Roast Pork <i>Apple sauce, Roast vegetables, peas & gravy</i> <input type="checkbox"/> Grilled Chicken <i>Vegetables & mashed potato.</i> <input type="checkbox"/> Vegetable Tajine & Couscous (V) <i>Mild spiced vegetable chickpea stew with lemon & cumin.</i>	Main meal (choose one): <input type="checkbox"/> Chicken Salad <i>Beetroot, tomato, lettuce, potato salad Boiled egg & cheese.</i> <input type="checkbox"/> Rigatoni Meatballs <i>Slow cooked beef meatballs with tomato pasta tubes & parmesan.</i> <input type="checkbox"/> Steamed Fish <i>Steamed vegetables & mashed potato.</i> <input type="checkbox"/> Asparagus Quiche Salad (V) <i>Beetroot, tomato, lettuce, potato salad & cheese</i>	Main meal (choose one): <input type="checkbox"/> Salmon Patties <i>With tartare sauce.</i> <input type="checkbox"/> Chicken with Lemon and Dill Sauce <i>Baked chicken thigh with Potato, Carrot, Zucchini & dill cream sauce.</i> <input type="checkbox"/> Grilled Pork Chop <i>Steamed vegetables & mashed potato.</i> <input type="checkbox"/> Shell Pasta Alfredo (V) <i>(V) With spring peas, spinach & cheese sauce.</i>	Main meal (choose one): <input type="checkbox"/> Chicken Kiev <i>Crumbed chicken filled with garlic & parsley butter.</i> <input type="checkbox"/> Aussie Lamb Stew <i>One pot meal of braised lamb, peas, carrots & potato</i> <input type="checkbox"/> Steamed Fish <i>Steamed vegetables & mashed potato.</i> <input type="checkbox"/> Spinach & Ricotta Cannelloni (V)	Main meal (choose one): <input type="checkbox"/> Roast Beef <i>Roast vegetables, peas & gravy</i> <input type="checkbox"/> Roast Pork <i>Apple Sauce, Roast vegetables, peas & gravy</i> <input type="checkbox"/> Grilled Lamb Chop <i>Steamed vegetables & mashed potato.</i> <input type="checkbox"/> Stuffed Peppers (V) <i>Lemon Rice & Dill</i>
Dessert (choose one): <input type="checkbox"/> Vanilla Cheesecake (V) <input type="checkbox"/> Lychee's & Cream (V)	Dessert (choose one): <input type="checkbox"/> Apple Cake & Custard (V) <input type="checkbox"/> Jellied Mandarin's & Cream	Dessert (choose one): <input type="checkbox"/> Apricots & Vanilla Yoghurt (V) <input type="checkbox"/> Trifle	Dessert (choose one): <input type="checkbox"/> Chocolate Mousse & Cream (V) <input type="checkbox"/> Plums & Custard (V)	Dessert (choose one): <input type="checkbox"/> Custard Tart (V) <input type="checkbox"/> Flavoured Jelly & Cream	Dessert (choose one): <input type="checkbox"/> Vanilla Panna Cotta (V) <i>(V) Vanilla Cream dessert</i> <input type="checkbox"/> Golden Syrup Sago Pudding (V)	Dessert (choose one): <input type="checkbox"/> Prunes & Custard (V) <input type="checkbox"/> Raspberry Cream Swirl (V)
Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)



Meals on Wheels, Your Choice Menu: Summer 2021-2022 (22 Nov 21 – 22 May 22)

Week 4 Starting: 13/12/21, 10/1/22, 7/2/22, 7/3/22, 4/4/22, 2/5/22

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To select your menu: 1. Check it is your name in the top right-hand corner. 2. Select ONE item from each colour group for each day that you would normally receive a meal: placing a tick in the box next to the menu item you have chosen. 3. Return the sheets by placing them in the envelope provided and hand it to a delivery volunteer. 4. Keep the small copy for your reference.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup (choose one): <input type="checkbox"/> Carrot Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Celery Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Tomato Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Pumpkin Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Spring Pea Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Pumpkin Soup (V) <input type="checkbox"/> Vegetable Soup (V)	Soup (choose one): <input type="checkbox"/> Minestrone Soup (V) <input type="checkbox"/> Vegetable Soup (V)
Main meal (choose one): <input type="checkbox"/> Beef Goulash <i>Hearty beef stew with tomato, paprika & caraway.</i> <input type="checkbox"/> Chicken Strudel <i>Chicken & chive sausage roll with fruit chutney.</i> <input type="checkbox"/> Steamed Fish <i>Vegetables & mashed potato.</i> <input type="checkbox"/> Pineapple Fried Rice <i>(V) With stir-fried vegetables.</i>	Main meal (choose one): <input type="checkbox"/> Grilled Pork Loin & Mustard Mash <input type="checkbox"/> Fish Tajine & Couscous <i>Mild spiced fish, lemon, tomato & coriander sauce.</i> <input type="checkbox"/> Grilled Steak <i>Steamed vegetables & mashed potato.</i> <input type="checkbox"/> Vegetarian sausage Casserole (V) <i>With carrot, tomato & potato.</i>	Main meal (choose one): <input type="checkbox"/> Roast Beef <i>Roast vegetables, peas & gravy.</i> <input type="checkbox"/> Roast Chicken <i>Roast vegetables, peas & gravy.</i> <input type="checkbox"/> Grilled Pork Chop <i>Served with steamed vegetables.</i> <input type="checkbox"/> Broccoli & Potato Gratin <i>(V) Baked potato slice with broccoli & cheese.</i>	Main meal (choose one): <input type="checkbox"/> Ham Salad <i>Beetroot, tomato, lettuce, potato salad boiled egg & cheese.</i> <input type="checkbox"/> Nasi Goreng <i>Indonesian fried rice with beef, shrimp, egg & vegetables.</i> <input type="checkbox"/> Grilled Lamb Chop <i>Steamed vegetables & mashed potato.</i> <input type="checkbox"/> Cheese Salad (V) <i>Beetroot, tomato, lettuce, potato salad boiled egg & cheese.</i>	Main meal (choose one): <input type="checkbox"/> Tuna Pasta Bake <i>with cheese sauce & golden crumb crust.</i> <input type="checkbox"/> Braised Lamb Shoulder <i>with sweet potato puree & green beans.</i> <input type="checkbox"/> Grilled Chicken <i>Steamed vegetables & mashed potato.</i> <input type="checkbox"/> Mexican Bean Chilli & Brown Rice (V)	Main meal (choose one): <input type="checkbox"/> Singapore Noodles <i>Mild Spiced Noodles with pork & Shrimp</i> <input type="checkbox"/> Coq au Vin <i>Braised chicken thigh in red wine sauce</i> <input type="checkbox"/> Grilled Lamb Chop <i>Steamed vegetables & mashed potato.</i> <input type="checkbox"/> Cauliflower Cheese Pie (V)	Main meal (choose one): <input type="checkbox"/> Roast Pork <i>Apple Sauce, Roast vegetables peas & gravy.</i> <input type="checkbox"/> Roast Lamb <i>With roast vegetables, peas & gravy.</i> <input type="checkbox"/> Grilled Chicken <i>Served with steamed vegetables.</i> <input type="checkbox"/> Roast Nutloaf, Vegetables & Gravy (V)
Dessert (choose one): <input type="checkbox"/> Chocolate Self Saucing Pudding & Cream (V) <input type="checkbox"/> Banana Custard	Dessert (choose one): <input type="checkbox"/> Sticky Date (V) Pudding & Cream <input type="checkbox"/> Pears & Yoghurt (V)	Dessert (choose one): <input type="checkbox"/> Tiramisu (V) <input type="checkbox"/> Peaches & Custard (V)	Dessert (choose one): <input type="checkbox"/> Rhubarb Crumble & Custard (V) <input type="checkbox"/> Black Forrest Cake (V) <i>Black cherries, chocolate cake & cream.</i>	Dessert (choose one): <input type="checkbox"/> Apple Tart & Cream (V) <i>Sliced caramel apples, puff pastry & cream</i> <input type="checkbox"/> Flavoured Jelly & Custard	Dessert (choose one): <input type="checkbox"/> Jellied Mandarins & Cream (V) <input type="checkbox"/> Apple Cake & Custard (V)	Dessert (choose one): <input type="checkbox"/> Trifle (V) <input type="checkbox"/> Apricots & Yoghurt (V)
Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (V) <input type="checkbox"/> An Orange (V)	Fruit (choose one): <input type="checkbox"/> Orange Juice (V) <input type="checkbox"/> Apple Juice (V) <input type="checkbox"/> An Apple (D, V) <input type="checkbox"/> An Orange (V)