



Meals on Wheels Your Choice Menu: Summer 23/24 20 November 2023 – 19 May 2024

Please keep this copy for your records.

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

Please note meals where Allergen cannot be removed: C = Crustacean, D = Dairy, E = Egg, F = Fish, G = Gluten, M = Molluscs, N = Nuts, S = Soy

MENU ROTATION 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup (choose one): <input type="checkbox"/> Minestrone Soup (E, S, G) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Sweet Potato & Coconut Soup <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Pumpkin Soup (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Potato & Corn Chowder (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Potato & Leek Soup (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Celery Soup (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Tomato Soup (D) <input type="checkbox"/> Vegetable Soup
Main (choose one): <input type="checkbox"/> Shepherd's Pie (D) <i>Baked lamb vegetable & potato pie</i> <input type="checkbox"/> Crumbed Fish (C, D, E, F, G, M, S) <input type="checkbox"/> Oven Roasted Pork Shoulder <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Vegetable Coconut Curry (G, S) <i>Served with steamed rice</i>	Main (choose one): <input type="checkbox"/> Sweet & Sour Pork (G, S) <i>Served with rice</i> <input type="checkbox"/> Meatloaf with Onion Gravy (D, G, S) <input type="checkbox"/> Grilled Chicken <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Spinach & Mushroom Crepe (D, E, S)	Main (choose one): <input type="checkbox"/> Roast Chicken <i>Served with roast vegetables, onion stuffing & gravy</i> <input type="checkbox"/> Roast Lamb <i>Thinly sliced lamb with roast vegetables & gravy</i> <input type="checkbox"/> Slow Cooked Beef Brisket <input type="checkbox"/> Vegetable Cheese Bake (D, E, G) <i>Cheese crusted roast vegetables & gravy</i>	Main (choose one): <input type="checkbox"/> Corned Beef Salad <i>Lettuce, tomato, beetroot, egg, cheese & potato salad</i> <input type="checkbox"/> Quiche Lorraine (D, E, G, S) <i>Egg, bacon & cheese pie</i> <input type="checkbox"/> Steamed Fish (F) <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Greek Salad (D) <i>With Beetroot, egg & potato salad</i>	Main (choose one): <input type="checkbox"/> Steamed Fish with Parsley Sauce (D, F) <input type="checkbox"/> Beef Rissoles (D, G, S) <i>Served with onion gravy</i> <input type="checkbox"/> Oven Roasted Lamb Shoulder <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Spanish Omelette (E) <i>Potato & egg omelette with steamed vegetables</i>	Main (choose one): <input type="checkbox"/> Asian Style Steamed Fish (F, G, S) <i>Served with rice</i> <input type="checkbox"/> Grilled Pork Loin & Mustard Mash (D, N) <input type="checkbox"/> Slow Cooked Beef Brisket <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Mushroom Stroganoff (D) <i>Served with rice</i>	Main (choose one): <input type="checkbox"/> Roast Chicken <i>Served with roast vegetables, onion stuffing & gravy</i> <input type="checkbox"/> Roast Beef <i>Thinly sliced beef with roast vegetables & gravy</i> <input type="checkbox"/> Oven Roasted Pork Shoulder <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Summer Vegetable Stew & Couscous (G, S)
Dessert (choose one): <input type="checkbox"/> Apricot Crumble & Custard (D, G) <input type="checkbox"/> Pears & Cream	Dessert (choose one): <input type="checkbox"/> Mango Cream (D) <input type="checkbox"/> Black Forest Cake (D, E, G, N, S)	Dessert (choose one): <input type="checkbox"/> Sultana Creamed Rice (D) <input type="checkbox"/> Stewed Fruit & Custard	Dessert (choose one): <input type="checkbox"/> Strawberry, Passionfruit Pavlova (D, E) <input type="checkbox"/> Chocolate Custard (D)	Dessert (choose one): <input type="checkbox"/> Lemon Drizzle Cake (D, E, G) <i>Served with yoghurt</i> <input type="checkbox"/> Crème Caramel (D)	Dessert (choose one): <input type="checkbox"/> Pears & Yoghurt <input type="checkbox"/> Sticky Date Pudding & Cream (D, E, G, N, S)	Dessert (choose one): <input type="checkbox"/> Peaches & Custard <input type="checkbox"/> Tiramisu (D, E, G, N, S)
Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple

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MENU ROTATION 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup (choose one): <input type="checkbox"/> Carrot Soup (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Tomato Soup (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Celery Soup (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Minestrone Soup (E, S, G) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Spring Pea Soup (D, E, G, N, S) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Sweet Potato & Coconut Soup <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Pumpkin Soup (D) <input type="checkbox"/> Vegetable Soup
Main (choose one): <input type="checkbox"/> Curried Sausages (D, G, N, S) <i>Mild sweet, curried beef sausages with rice</i> <input type="checkbox"/> Salmon & Spinach Frittata (D, E, F) <input type="checkbox"/> Oven Roasted Lamb Shoulder <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Fetta & Tomato Quiche (D, E, G, S)	Main (choose one): <input type="checkbox"/> Aussie Lamb Stew <i>One pot meal of braised lamb, pea, carrot & potato</i> <input type="checkbox"/> Chicken Parmigiana (D, G, S) <input type="checkbox"/> Steamed Fish <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Pumpkin Dahl-Lentil Curry (D, G, S) <i>Red lentils, pumpkin, coriander & coconut</i>	Main (choose one): <input type="checkbox"/> Roast Pork <i>Served with apple sauce, roast vegetables & gravy</i> <input type="checkbox"/> Roast Beef <i>Thinly sliced with traditional roast vegetables & gravy</i> <input type="checkbox"/> Grilled Chicken <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Vegetarian Roast (D, E, G) <i>Roasted vegetables with vegetable gravy</i>	Main (choose one): <input type="checkbox"/> Tuna Salad (F) <i>Beetroot, tomato, lettuce, egg & potato salad</i> <input type="checkbox"/> Chicken Cashew Stir-fry (G, M, N) <i>Served with rice</i> <input type="checkbox"/> Slow Cooked Beef Brisket <input type="checkbox"/> Curried Egg Salad (D, E, N, S)	Main (choose one): <input type="checkbox"/> Crumbed Fish (C, D, E, F, G, M, S) <input type="checkbox"/> Steak & Kidney Pie (D, E, G, S) <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Oven Roasted Pork Shoulder <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Black Bean Pattie (D, E, G) <i>Served with coriander chutney</i>	Main (choose one): <input type="checkbox"/> Meatloaf with onion Gravy (D, G, S) <input type="checkbox"/> Sweet & Sour Pork (G, S) <i>Served with rice</i> <input type="checkbox"/> Grilled Chicken <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Vegetable Fried Rice (E, G, S)	Main (choose one): <input type="checkbox"/> Roast Lamb <i>Thinly sliced lamb with roast vegetables</i> <input type="checkbox"/> Roast Chicken <i>Served with roast vegetables, onion stuffing & gravy</i> <input type="checkbox"/> Slow Cooked Beef Brisket <input type="checkbox"/> Baked Eggplant & Zucchini (D) <i>With ricotta & tomato</i>
Dessert (choose one): <input type="checkbox"/> Apple Crumble & Custard (D, G) <input type="checkbox"/> Flavoured Jelly & Cream	Dessert (choose one): <input type="checkbox"/> Golden Syrup Pudding & Custard (D, E, G) <input type="checkbox"/> Vanilla Panna Cotta (D)	Dessert (choose one): <input type="checkbox"/> Raspberry Cream Swirl (D) <input type="checkbox"/> Prunes & Custard	Dessert (choose one): <input type="checkbox"/> Flourless Orange Cake & Cream (D, E, G, N, S) <input type="checkbox"/> Greek Yoghurt with Honey (D)	Dessert (choose one): <input type="checkbox"/> Carrot Cake & Cream (D, E, G, N, S) <input type="checkbox"/> Peaches & Custard	Dessert (choose one): <input type="checkbox"/> Black Forrest Cake (D, E, G, N, S) <input type="checkbox"/> Mango Cream (D)	Dessert (choose one): <input type="checkbox"/> Stewed Fruit & Custard <input type="checkbox"/> Sultana Creamed Rice (D)
Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple



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MENU ROTATION 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup (choose one): <input type="checkbox"/> Potato & Corn Chowder (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Pumpkin Soup (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Minestrone Soup (E, G, S) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Potato & Leek Soup (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Sweet Potato & Coconut Soup <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Tomato Soup (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Celery Soup (D) <input type="checkbox"/> Vegetable Soup
Main (choose one): <input type="checkbox"/> Pork Sausages (D, G, S) <i>With onion gravy</i> <input type="checkbox"/> Pepper Steak (D, G, F) <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Grilled Chicken <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Spanakopita (D, E, G, S) <i>Traditional Greek spinach & fetta pastry</i>	Main (choose one): <input type="checkbox"/> Chicken Florentine (D) <i>Spinach & cream sauce</i> <input type="checkbox"/> Singapore Noodles (C, E, F, G, M, S) <i>Mild spiced noodles with pork & shrimp</i> <input type="checkbox"/> Oven Roasted Lamb Shoulder <input type="checkbox"/> Vegetarian Lasagne (D, E, G, S) <i>Layers of past & vegetables with a tomato sauce</i>	Main (choose one): <input type="checkbox"/> Roast Lamb <i>Thinly sliced lamb roast vegetables & gravy</i> <input type="checkbox"/> Roast Pork <i>Roast vegetables, apple sauce & gravy</i> <input type="checkbox"/> Slow Cooked Beef Brisket <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Vegetable Tajine <i>Served with couscous</i>	Main (choose one): <input type="checkbox"/> Chicken Salad <i>Beetroot, tomato, lettuce, egg & potato salad</i> <input type="checkbox"/> Rigatoni Meatballs (D, E, G, S) <i>Beef meatballs on pasta with tomato & parmesan</i> <input type="checkbox"/> Steamed Fish <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Asparagus Quiche (D, E, G, S) <i>Beetroot, tomato, lettuce, egg & potato salad</i>	Main (choose one): <input type="checkbox"/> Salmon Pattie (D, E, G, S) <i>With tartare sauce</i> <input type="checkbox"/> Chicken with Lemon & Dill Sauce (D) <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Oven Roasted Pork Shoulder <input type="checkbox"/> Cauliflower Pattie's (D, E, G) <i>Served with fruit chutney</i>	Main (choose one): <input type="checkbox"/> Chicken Parmigiana (D, G, S) <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Aussie Lamb Stew <i>One pot meal of braised lamb, pea, carrot & potato</i> <input type="checkbox"/> Steamed Fish <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Spinach & Ricotta Cannelloni (D, E, G, S)	Main (choose one): <input type="checkbox"/> Roast Beef <i>Thinly sliced with roast vegetables and gravy</i> <input type="checkbox"/> Roast Pork <i>Served with apple sauce roast vegetables & gravy</i> <input type="checkbox"/> Grilled Chicken <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Stuffed Peppers (V) <i>Lemon rice & dill</i>
Dessert (choose one): <input type="checkbox"/> Vanilla Cheesecake (D, G, S) <input type="checkbox"/> Apricot Danish & Custard (D, E, G, S)	Dessert (choose one): <input type="checkbox"/> Victoria Sponge (D, E, G, S) <input type="checkbox"/> Chocolate Mousse & Cream (D)	Dessert (choose one): <input type="checkbox"/> Chocolate Self - Saucing Pudding (D, E, G) <input type="checkbox"/> Plums & Custard	Dessert (choose one): <input type="checkbox"/> Jellied Cherries & Cream <input type="checkbox"/> Trifle (D, E, G, S)	Dessert (choose one): <input type="checkbox"/> Custard Tart (D, E, G) <input type="checkbox"/> Apricots & Yoghurt	Dessert (choose one): <input type="checkbox"/> Vanilla Panna Cotta (D) <input type="checkbox"/> Golden Syrup (D, E, G)	Dessert (choose one): <input type="checkbox"/> Prunes & Custard <input type="checkbox"/> Raspberry Cream Swirl (D)
Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple



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MENU ROTATION 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup (choose one): <input type="checkbox"/> Pumpkin Soup (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Celery Soup (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Tomato Soup (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Spring Pea Soup (D, E, G, N, S) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Carrot Soup (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Pumpkin Soup (D) <input type="checkbox"/> Vegetable Soup	Soup (choose one): <input type="checkbox"/> Minestrone Soup (E, G, S) <input type="checkbox"/> Vegetable Soup
Main (choose one): <input type="checkbox"/> Beef Goulash <i>Hearty beef & tomato stew</i> <input type="checkbox"/> Chicken Strudel (D, E, G, S) <i>Served with fruit chutney</i> <input type="checkbox"/> Steamed Fish <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Pineapple Fried Rice (E, G) <i>With stir-fried vegetables</i>	Main (choose one): <input type="checkbox"/> Grilled Pork Loin with Mustard Mash (D, N) <input type="checkbox"/> Asian Style steamed Fish (F, G, S) <i>Served with rice</i> <input type="checkbox"/> Slow Cooked Beef Brisket <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Vegetarian Sausage Casserole (G, N, S)	Main (choose one): <input type="checkbox"/> Roast Beef <i>Thinly sliced beef with roast vegetables and gravy.</i> <input type="checkbox"/> Roast Chicken <i>Served with roast vegetables, onion stuffing & gravy</i> <input type="checkbox"/> Oven Roasted Pork Shoulder <input type="checkbox"/> Broccoli & Potato Gratin (D) <i>Baked potato slice with broccoli & cheese</i>	Main (choose one): <input type="checkbox"/> Ham Salad <i>Beetroot, tomato, lettuce, egg & potato salad</i> <input type="checkbox"/> Nasi Goreng (C, E, G, S) <i>Indonesian fried rice with beef, shrimp, egg & vegetables</i> <input type="checkbox"/> Oven Roasted Lamb Shoulder <input type="checkbox"/> Summer Vegetable Salad <i>Served with beetroot & egg</i>	Main (choose one): <input type="checkbox"/> Tuna Pasta Bake (D, E, G, S) <i>Served with vegetables</i> <input type="checkbox"/> Lamb & Rosemary Pie (D, E, G, S) <i>Served with vegetables</i> <input type="checkbox"/> Grilled Chicken <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Chickpea Curry (D, N) <i>Served with rice</i>	Main (choose one): <input type="checkbox"/> Singapore Noodles (C, E, F, G, M, S) <i>Mild spiced noodles with pork & shrimp</i> <input type="checkbox"/> Chicken Florentine (D) <i>Spinach & cream sauce</i> <input type="checkbox"/> Oven Roasted Lamb Shoulder <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Cauliflower Cheese Pie (D, E, G, S)	Main (choose one): <input type="checkbox"/> Roast Pork <i>Roast vegetables, apple sauce and gravy</i> <input type="checkbox"/> Roast Lamb <i>Thinly sliced lamb with roast vegetables & gravy</i> <input type="checkbox"/> Slow Cooked Beef Brisket <i>Mash potato & steamed vegetables</i> <input type="checkbox"/> Vegetable Nutloaf & Gravy (D, E, G, N, S) <i>Served with roast vegetables</i>
Dessert (choose one): <input type="checkbox"/> Banana Cake & Custard (D, G, S) <input type="checkbox"/> Lychee's & Cream	Dessert (choose one): <input type="checkbox"/> Sticky Date Pudding & Cream (D, E, G, N, S) <input type="checkbox"/> Pears & Yoghurt	Dessert (choose one): <input type="checkbox"/> Tiramisu (D, E, G, N, S) <input type="checkbox"/> Peaches & Custard	Dessert (choose one): <input type="checkbox"/> Rhubarb Crumble & Custard (D, G) <input type="checkbox"/> Vanilla & Cherry Mousse (D, S)	Dessert (choose one): <input type="checkbox"/> Apple Cake & Custard (D, E, G) <input type="checkbox"/> Flavoured Jelly & Cream	Dessert (choose one): <input type="checkbox"/> Chocolate Mousse & Cream (D) <input type="checkbox"/> Victoria Sponge (D, E, G, S)	Dessert (choose one): <input type="checkbox"/> Plums & Custard <input type="checkbox"/> Chocolate Self-Saucing Pudding (D, E, G)
Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple	Fruit (choose one): <input type="checkbox"/> Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/> An Orange <input type="checkbox"/> An Apple