

# Menu Order Form

## Meals on Wheels

### Aged Care Services



Mornington  
Peninsula Shire

## How to guide

### About the Menu:

- 8-week rotating menu
- New menu provided annually

### How to Fill Out Menu:

- Select one item per section
- Select piece of fruit or juice
- Complete and return all 8 pages

| MONDAY  |                                                                                                           |
|---------|-----------------------------------------------------------------------------------------------------------|
| Soup    | <input checked="" type="checkbox"/> Potato & Leek Soup                                                    |
| Main    | <input checked="" type="checkbox"/> Roast Lamb, Gravy, Mint Jelly, Roast Potatoes, Mixed Veg, Cauliflower |
|         | <input type="checkbox"/> Beef in Blackbean, Brown Rice, Mixed Vegetables, Cauliflower                     |
|         | <input type="checkbox"/> Chicken & Mushroom Casserole, Pasta, Beans, Carrots                              |
|         | <input type="checkbox"/> Vegetable & Cheese Quiche, Potato Mash, Carrot Rings, Beans                      |
| Dessert | <input checked="" type="checkbox"/> Toffee Pudding & Custard                                              |
|         | <input type="checkbox"/> Madeleine & Cream                                                                |
|         | <input type="checkbox"/> Pears & Custard                                                                  |
|         | <input type="checkbox"/> Mango Jelly & Mango                                                              |
| Fruit   | <input type="checkbox"/> Apple <input type="checkbox"/> Orange                                            |
|         | <input checked="" type="checkbox"/> Apple Juice                                                           |
|         | <input type="checkbox"/> Orange Juice                                                                     |

Choices are for one day

Indicate your choice in the box next to item

Choose one option per course

Select a piece of Fruit **OR** juice

# Menu Order Form – Week 1

## Meals on Wheels

### Aged Care Services



Mornington  
Peninsula Shire

Name: «Name»

Address: «Street»

|                | MONDAY                                                                                                                                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                                                                                                                                                                                | WEDNESDAY                                                                                                                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                                                                                                                                                           | SATURDAY                                                                                                                                                                                                                                                                                                               | SUNDAY                                                                                                                                                                                                                                                                                                                     |
|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Soup</b>    | <input type="checkbox"/> Broccoli Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                            | <input type="checkbox"/> Potato & Leek Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                 | <input type="checkbox"/> Farmhouse Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                             | <input type="checkbox"/> Chicken & Veg Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                           | <input type="checkbox"/> Pumpkin Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                 | <input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                                | <input type="checkbox"/> Cauliflower<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                            |
| <b>Main</b>    | <input type="checkbox"/> Roast Beef, Gravy, Roast Potatoes, Beans, Baked Pumpkin<br><input type="checkbox"/> Chicken Kiev, Scalloped Potatoes, Beans, Carrots<br><input type="checkbox"/> BBQ Pork Ribs, Roast Potatoes, Broccoli, Pumpkin<br><input type="checkbox"/> Pumpkin Chickpea Pattie, Napoli Sauce, Broccoli, Corn | <input type="checkbox"/> Silverside & Mustard Sauce, Steamed Potatoes, Peas, Carrot Batons<br><input type="checkbox"/> Shepherd's Pie, Baked Pumpkin, Brussel Sprouts<br><input type="checkbox"/> Grilled Fish, Lemon Pepper Sauce, Rice, Broccoli, Pumpkin<br><input type="checkbox"/> Roasted Veg Ravioli, Spicy Med Sauce, carrots, Brussel Sprouts | <input type="checkbox"/> Roast Turkey, Gravy, Cranberry Sauce, Roast Potatoes, Pumpkin, Broccoli<br><input type="checkbox"/> Beef Sausages, Pepper Sauce, Potato Mash, Peas, Carrots<br><input type="checkbox"/> Lamb meatballs, Minted Gravy, Potato Mash, Beans, Carrots<br><input type="checkbox"/> Lentil Shepherd's Pie, Mixed Veg, Beans | <input type="checkbox"/> Roast Lamb, Gravy, Mint Jelly, Roast Potatoes, Carrots, Broccoli<br><input type="checkbox"/> Chicken Asian Sauce, Chinoise Veg, & Noodles<br><input type="checkbox"/> Beef & Pepper Pie, Potato Mash, Carrots, Corn<br><input type="checkbox"/> Roast veg Quiche, Scalloped Potatoes, Broccoli, Pumpkin | <input type="checkbox"/> Roast Pork, Gravy, Apple Sauce, Roast Potatoes, Baked Pumpkin, Peas<br><input type="checkbox"/> Salmon Patties, Lemon Butter Sauce, Polenta, Broccoli, carrots<br><input type="checkbox"/> Beef lasagna, Potato Wedges, Beans, Carrots<br><input type="checkbox"/> Spinach & Ricotta Rolls, Potato mash, Beans, Pumpkin | <input type="checkbox"/> Roast Chicken, Gravy, Roast Potatoes, Beans, Carrots<br><input type="checkbox"/> Lamb & Veg Casserole, Pasta, Carrots, Brussel Sprouts<br><input type="checkbox"/> Quiche Lorraine, Potato Mash, Mixed Veg, Beans<br><input type="checkbox"/> Sweet & Sour Veg Casserole, Rice, Pumpkin, Peas | <input type="checkbox"/> Roast Beef, Gravy, Roast Potatoes, Beans, Baked Pumpkin<br><input type="checkbox"/> Chicken & Asparagus Mornay, Rice, Broccoli, Mixed Veg<br><input type="checkbox"/> Spicy Chorizo Penne, Broccoli, Carrots, Corn<br><input type="checkbox"/> Vegetable Pastie, Scalloped Potato, Beans, Carrots |
| <b>Dessert</b> | <input type="checkbox"/> Blueberry Yoghurt & Fruit<br><input type="checkbox"/> Jam Donut & Cream<br><input type="checkbox"/> Peaches & Custard<br><input type="checkbox"/> Tropical Jelly & Two Fruit                                                                                                                        | <input type="checkbox"/> Apple/Sultana Cake & Custard<br><input type="checkbox"/> Chocolate Slice & Cream<br><input type="checkbox"/> Apricots & Custard<br><input type="checkbox"/> Mango Jelly & Mango                                                                                                                                               | <input type="checkbox"/> Chocolate Muffin & Custard<br><input type="checkbox"/> Lemon Mousse & Cream<br><input type="checkbox"/> Fruit Salad & Custard<br><input type="checkbox"/> Raspberry Jelly & Fruit                                                                                                                                     | <input type="checkbox"/> Bread & Butter Pudding & Custard<br><input type="checkbox"/> Black Forest Cake<br><input type="checkbox"/> Pears & Custard<br><input type="checkbox"/> Pineapple Jelly & Fruit                                                                                                                          | <input type="checkbox"/> Banana Cake & Custard<br><input type="checkbox"/> Peach & Apple Crumble<br><input type="checkbox"/> Apples & Custard<br><input type="checkbox"/> Strawberry Jelly & Fruit                                                                                                                                               | <input type="checkbox"/> Lemon, Blueberry Cake & Custard<br><input type="checkbox"/> Raspberry Cheesecake & Cream<br><input type="checkbox"/> Two Fruits & Custard<br><input type="checkbox"/> Tropical Jelly & Fruit                                                                                                  | <input type="checkbox"/> Apple, Raspberry Crumble & Custard<br><input type="checkbox"/> Chocolate Mud Cake & Cream<br><input type="checkbox"/> Peaches & Custard<br><input type="checkbox"/> Mango Jelly & Fruit                                                                                                           |
| <b>Fruit</b>   | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                              | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                        | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                  | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                  | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                        | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                            |

# Menu Order Form – Week 2

## Meals on Wheels

### Aged Care Services



Name: «Name»

Address: «Street»

| MONDAY                                                                                                                                                                                                                                                                                                         | TUESDAY                                                                                                                                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                                                                                                              | THURSDAY                                                                                                                                                                                                                                                                                                                                 | FRIDAY                                                                                                                                                                                                                                                                                                                                      | SATURDAY                                                                                                                                                                                                                                                                                                                      | SUNDAY                                                                                                                                                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Carrot Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                | <input type="checkbox"/> Tomato Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                              | <input type="checkbox"/> Creamy Curry Veg<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                   | <input type="checkbox"/> Broccoli Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                        | <input type="checkbox"/> Potato & Leek Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                      | <input type="checkbox"/> Farmhouse Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                            | <input type="checkbox"/> Chicken & Veg Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                           |
| <input type="checkbox"/> Silverside & Mustard Sauce, Steamed Potatoes, Peas, Carrot Batons<br><input type="checkbox"/> Honey Mustard Chicken, Rice, Pumpkin, Peas<br><input type="checkbox"/> Mac, Ham & Cheese Bake, Mixed Veg, Beans<br><input type="checkbox"/> Spinach Quiche Roast Potato, Beans, Carrots | <input type="checkbox"/> Roast Turkey, Gravy, Cranberry Sauce, Roast Potatoes, Roast Pumpkin, Broccoli<br><input type="checkbox"/> Parmesan crumbed Fish, Roast Potato, Pumpkin, Broccoli<br><input type="checkbox"/> Beef Rissole, Mushroom Sauce, Risoni, Beans, Carrots<br><input type="checkbox"/> Pumpkin Ravioli, Sage Butter Sauce, Cauliflower, Corn | <input type="checkbox"/> Roast Lamb, Gravy, Mint Jelly, Roast Potatoes, Carrots. Broccoli<br><input type="checkbox"/> Egg & Bacon Frittata, Potato Wedges, Pumpkin, Broccoli<br><input type="checkbox"/> Spaghetti Bolognese, Peas, Carrots, Corn<br><input type="checkbox"/> Corn Fritters, Cheesy Sauce, Potato mash, Pumpkin, Beans | <input type="checkbox"/> Roast Pork, Gravy, Apple Sauce, Roast Potatoes, Baked Pumpkin, Peas<br><input type="checkbox"/> Chicken Schnitzel, Gravy, Broccoli, Carrots<br><input type="checkbox"/> Beef, Cheese & Onion Pie, Roast potato, Brussel Sprouts, Pumpkin<br><input type="checkbox"/> Vegetable Fried Rice, Cauliflower, Carrots | <input type="checkbox"/> Roast Chicken, Gravy, Roast Potatoes, Beans, Carrots<br><input type="checkbox"/> Grilled Fish, Asian Sauce, Chinoise Veg, Sweet Potato Fries<br><input type="checkbox"/> Lamb & lentil Stew, Risoni, Brussel Sprouts, Cauliflower<br><input type="checkbox"/> Roast Veg Pattie, Spicy Tomato Sauce, Beans, Carrots | <input type="checkbox"/> Roast Beef, Gravy, Roast Potatoes, Beans, Baked Pumpkin<br><input type="checkbox"/> Chicken & Veg pastie, Potato Gems, Beans, Sweet Potato<br><input type="checkbox"/> Pork Sausages, Tomato/Onion Sauce, Broccoli, Carrots<br><input type="checkbox"/> Mushroom & Pumpkin Risotto, Mixed Veg, Beans | <input type="checkbox"/> Silverside & Mustard Sauce, Steamed Potatoes, Peas, Carrot Batons<br><input type="checkbox"/> Veal Tortellini, Creamy Cheese Sauce, Beans, Carrots<br><input type="checkbox"/> Cottage Pie, Broccoli, Mixed Veg<br><input type="checkbox"/> Creamy Spinach Tomato Penne, Beans, Carrots |
| <input type="checkbox"/> Carrot Cake & Custard<br><input type="checkbox"/> Lemon Cheesecake & Cream<br><input type="checkbox"/> Apricots & Custard<br><input type="checkbox"/> Raspberry Jelly & Fruit                                                                                                         | <input type="checkbox"/> Rice Pudding & Apple Compote<br><input type="checkbox"/> Jam Roll & Cream<br><input type="checkbox"/> Fruit Salad & Custard<br><input type="checkbox"/> Pineapple Jelly & Fruit                                                                                                                                                     | <input type="checkbox"/> Banana Caramel Cake & Custard<br><input type="checkbox"/> Tiramisu & Cream<br><input type="checkbox"/> Pears & Custard<br><input type="checkbox"/> Strawberry Jelly & Fruit                                                                                                                                   | <input type="checkbox"/> Apricot & Berry Crumble & Custard<br><input type="checkbox"/> Coffee Cake & Cream<br><input type="checkbox"/> Apples & Custard<br><input type="checkbox"/> Tropical Jelly & Fruit                                                                                                                               | <input type="checkbox"/> Fruit Trifle<br><input type="checkbox"/> Salted Caramel Date Cake & Cream<br><input type="checkbox"/> Two Fruits & Custard<br><input type="checkbox"/> Mango Jelly & Fruit                                                                                                                                         | <input type="checkbox"/> Apple Danish & Custard<br><input type="checkbox"/> Jam Coconut Sponge & Cream<br><input type="checkbox"/> Peaches & Custard<br><input type="checkbox"/> Raspberry Jelly & Fruit                                                                                                                      | <input type="checkbox"/> Strawberry Mousse & Cream<br><input type="checkbox"/> Choc Brownie & Cream<br><input type="checkbox"/> Apricots & Custard<br><input type="checkbox"/> Pineapple Jelly & Fruit                                                                                                           |
| <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                              | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                        | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                          | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                             | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                               | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                  |

# Menu Order Form – Week 3

## Meals on Wheels

### Aged Care Services



Mornington  
Peninsula Shire

Name: «Name»

Address: «Street»

|                | MONDAY                                                                                                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                                                                                                                               | WEDNESDAY                                                                                                                                                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                                                                        | FRIDAY                                                                                                                                                                                                                                                                                                                                | SATURDAY                                                                                                                                                                                                                                                                                                                                                       | SUNDAY                                                                                                                                                                                                                                                                                                                                 |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Soup</b>    | <input type="checkbox"/> Pumpkin Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                         | <input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                                               | <input type="checkbox"/> Cauliflower Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                    | <input type="checkbox"/> Carrot Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                 | <input type="checkbox"/> Tomato Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                       | <input type="checkbox"/> Creamy Curry Veg<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                           | <input type="checkbox"/> Broccoli Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                      |
| <b>Main</b>    | <input type="checkbox"/> Roast Turkey, Gravy, Cranberry Sauce, Roast Potatoes, Roast Pumpkin, Broccoli<br><input type="checkbox"/> Lamb & Rosemary Pie, Potato wedges, Mixed Veg, Peas<br><input type="checkbox"/> Beef Stroganoff, Pasta, Broccoli, Pumpkin<br><input type="checkbox"/> Thai Veg Red Curry, Rice, Beans | <input type="checkbox"/> Roast Lamb, Gravy, Mint Jelly, Roast Potatoes, Carrots, Broccoli<br><input type="checkbox"/> Crumbed Fish, Lemon Sauce, Roast Potato, Brussel Sprouts, Corn<br><input type="checkbox"/> Sweet & Sour Pork, Rice, Chinoise Veg<br><input type="checkbox"/> Cheese Veg & Rice Roll, Carrot Batons, Beans, Corn | <input type="checkbox"/> Roast Pork, Gravy, Apple Sauce, Roast Potatoes, Baked Pumpkin, Peas<br><input type="checkbox"/> Beef in Red Wine Casserole, Potato Mash, Carrots, Beans<br><input type="checkbox"/> Chicken & Mushroom Risotto, Peas, Pumpkin, Carrots<br><input type="checkbox"/> Stir fry Noodles, Asian Sauce, Chinoise Veg | <input type="checkbox"/> Roast Chicken, Gravy, Roast Potatoes, Beans, Carrots<br><input type="checkbox"/> Egg & Bacon Pie, Scalloped potato, Corn, Peas<br><input type="checkbox"/> Beef Korma, Rice, Beans, Pumpkin<br><input type="checkbox"/> Zucchini & Cheese Frittata, Scalloped Potato, Beans, Mixed Veg | <input type="checkbox"/> Roast Beef, Gravy, Roast Potatoes, Beans, Baked Pumpkin<br><input type="checkbox"/> Cheesy Tuna & Asparagus Mornay, Rice, Beans, Carrots<br><input type="checkbox"/> Chicken Sausages, Creamy Garlic Sauce, Roast Potato, Corn, Broccoli<br><input type="checkbox"/> Ratatouille, Brown Rice, Beans, Pumpkin | <input type="checkbox"/> Silverside & Mustard Sauce, Steamed Potatoes, Peas, Carrot Batons<br><input type="checkbox"/> Chicken Meatballs Teriyaki Sauce, Potato Mash, Peas, Cauli, Pumpkin<br><input type="checkbox"/> Pasta Shells, Bacon Mushroom & Pea Sauce, Carrots<br><input type="checkbox"/> Sweet Potato & Lentil Pattie, Curry sauce, Beans, Pumpkin | <input type="checkbox"/> Roast Turkey, Gravy, Cranberry Sauce, Roast Potatoes, Pumpkin, Broccoli<br><input type="checkbox"/> Chicken Kiev, Scalloped Potatoes, Beans, Carrots<br><input type="checkbox"/> Lamb Tagine Casserole, Potato Mash, Beans, Carrots<br><input type="checkbox"/> Lentil Bolognese, Polenta, Pumpkin, Mixed Veg |
| <b>Dessert</b> | <input type="checkbox"/> Blueberry Muffin & Custard<br><input type="checkbox"/> Chocolate Mud Cake & Cream<br><input type="checkbox"/> Fruit Salad & Custard<br><input type="checkbox"/> Strawberry Jelly & Fruit                                                                                                        | <input type="checkbox"/> Orange & Raspberry Cake & Custard<br><input type="checkbox"/> Yoghurt & Strawberries<br><input type="checkbox"/> Pears & Custard<br><input type="checkbox"/> Tropical Jelly & Fruit                                                                                                                          | <input type="checkbox"/> Fruit Cake & Custard<br><input type="checkbox"/> Lamington & Cream<br><input type="checkbox"/> Apples & Custard<br><input type="checkbox"/> Mango Jelly & Fruit                                                                                                                                                | <input type="checkbox"/> Sticky Date Cake & Custard<br><input type="checkbox"/> Blueberry Cheesecake & Cream<br><input type="checkbox"/> Two Fruits & Custard<br><input type="checkbox"/> Raspberry Jelly & Fruit                                                                                               | <input type="checkbox"/> Carrot Cake & Custard<br><input type="checkbox"/> Chocolate Mousse<br><input type="checkbox"/> Peaches & Custard<br><input type="checkbox"/> Pineapple Jelly & Fruit                                                                                                                                         | <input type="checkbox"/> Jam Tart & Custard<br><input type="checkbox"/> Tiramisu Slice & Cream<br><input type="checkbox"/> Apricots & Custard<br><input type="checkbox"/> Strawberry Jelly & Fruit                                                                                                                                                             | <input type="checkbox"/> Choc & Orange Cake Custard<br><input type="checkbox"/> Custard Tart & Cream<br><input type="checkbox"/> Fruit Salad & Custard<br><input type="checkbox"/> Tropical Jelly & Fruit                                                                                                                              |
| <b>Fruit</b>   | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                          | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                       | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                         | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                 | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                       | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                                | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                        |

# Menu Order Form – Week 4

## Meals on Wheels

### Aged Care Services



Mornington  
Peninsula Shire

Name: «Name»

Address: «Street»

|                | MONDAY                                                                                                                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                                                                                                        | FRIDAY                                                                                                                                                                                                                                                                                                                                               | SATURDAY                                                                                                                                                                                                                                                                                                                                                            | SUNDAY                                                                                                                                                                                                                                                                                                                            |
|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Soup</b>    | <input type="checkbox"/> Potato & Leek Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                  | <input type="checkbox"/> Farmhouse Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                        | <input type="checkbox"/> Pumpkin Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                | <input type="checkbox"/> Chicken & Veg Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                          | <input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                                                              | <input type="checkbox"/> Cauliflower Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                                | <input type="checkbox"/> Carrot Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                   |
| <b>Main</b>    | <input type="checkbox"/> Roast Lamb, Gravy, Mint Jelly, Roast Potatoes, Carrots, Broccoli<br><input type="checkbox"/> Beef Ragu, Brown Rice, Pumpkin, Brussel Sprouts<br><input type="checkbox"/> Chicken & Leek Pie, Potato Mash, Peas, Carrots<br><input type="checkbox"/> Sweet Chilli Tofu, Pineapple Fried Rice, Roasted Veg, Peas | <input type="checkbox"/> Roast Pork, Gravy, Apple Sauce, Roast Potatoes, Baked Pumpkin, Peas<br><input type="checkbox"/> Steamed Fish, Soy Garlic Sauce, Rice, Chinoise Veg<br><input type="checkbox"/> Beef Burgandy Casserole, Polenta, Carrots, Beans<br><input type="checkbox"/> Mushroom & Leek Frittata, Mixed Veg, Brussel Sprouts | <input type="checkbox"/> Roast Chicken, Gravy, Roast Potatoes, Beans, Carrots<br><input type="checkbox"/> Moroccan Lamb Casserole, Pasta, Pumpkin, Beans<br><input type="checkbox"/> Pork Rissoles, BBQ Sauce, Sweet Potato Fries, Carrots, Broccoli<br><input type="checkbox"/> Zucchini & Cheese Frittata, Scalloped Potato, Beans, Mixed Veg | <input type="checkbox"/> Roast Beef, Gravy, Roast Potatoes, Beans, Baked Pumpkin<br><input type="checkbox"/> Chicken, Garlic & Rosemary Sauce, Potato Wedges, Mixed Veg, Peas<br><input type="checkbox"/> Quiche Lorraine, Potato Mash, Mixed Veg, Beans<br><input type="checkbox"/> Veg Ravioli, Pumpkin Sauce, Beans, Carrots | <input type="checkbox"/> Silverside & Mustard Sauce, Steamed Potatoes, Peas, Carrot Batons<br><input type="checkbox"/> Crumbed Fish, Lemon Sauce, Roast Potato, Brussel Sprouts, Corn<br><input type="checkbox"/> Chicken, Thai Red Curry, Rice, Pumpkin, Cauliflower<br><input type="checkbox"/> Vegetables Chickpea Curry, Polenta, Beans, Pumpkin | <input type="checkbox"/> Roast Turkey, Gravy, Cranberry Sauce, Roast Potatoes, Roast Pumpkin, Broccoli<br><input type="checkbox"/> Beef Sausages, Pepper Sauce, Mash Potatoes, Peas, Carrots<br><input type="checkbox"/> Ham, Cheese & Tomato Frittata, Polenta, Corn, Brussel Sprouts<br><input type="checkbox"/> Vegetable Tagine, Brown Rice, Cauliflower, Beans | <input type="checkbox"/> Roast Lamb, Gravy, Mint Jelly, Roast Potatoes, Carrots, Broccoli<br><input type="checkbox"/> Chicken Parma, Roast Potatoes, Carrots, Beans<br><input type="checkbox"/> Beef & Mushroom Pie, Scalloped Potato, Broccoli, Corn<br><input type="checkbox"/> Pumpkin Gnocchi, Creamy Sauce, Beans, Mixed Veg |
| <b>Dessert</b> | <input type="checkbox"/> Toffee Pudding & Custard<br><input type="checkbox"/> Pancakes, Jam & Cream<br><input type="checkbox"/> Pears & Custard<br><input type="checkbox"/> Mango Jelly & Fruit                                                                                                                                         | <input type="checkbox"/> Chocolate Roll & Custard<br><input type="checkbox"/> Apple Pie & Cream<br><input type="checkbox"/> Apples & Custard<br><input type="checkbox"/> Raspberry Jelly & Fruit                                                                                                                                          | <input type="checkbox"/> Fruit Trifle<br><input type="checkbox"/> Cinnamon Rolls & Cream<br><input type="checkbox"/> Two Fruits & Custard<br><input type="checkbox"/> Pineapple Jelly & Fruit                                                                                                                                                   | <input type="checkbox"/> Date Pear Pudding & Custard<br><input type="checkbox"/> Chocolate Cheesecake & Cream<br><input type="checkbox"/> Peaches & Custard<br><input type="checkbox"/> Strawberry Jelly & Fruit                                                                                                                | <input type="checkbox"/> Lemon Drizzle Cake & Custard<br><input type="checkbox"/> Mango Mousse & Cream<br><input type="checkbox"/> Apricots & Custard<br><input type="checkbox"/> Tropical Jelly & Fruit                                                                                                                                             | <input type="checkbox"/> Gingerbread Cake & Custard<br><input type="checkbox"/> Rice Pudding & Apricots<br><input type="checkbox"/> Fruit Salad & Custard<br><input type="checkbox"/> Mango Jelly & Fruit                                                                                                                                                           | <input type="checkbox"/> Bread & Butter Pudding & Custard<br><input type="checkbox"/> Orange & Poppyseed Cake & Cream<br><input type="checkbox"/> Pears & Custard<br><input type="checkbox"/> Raspberry Jelly & Fruit                                                                                                             |
| <b>Fruit</b>   | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                         | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                           | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                 | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                 | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                      | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                                     | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                   |

# Menu Order Form – Week 5

## Meals on Wheels

### Aged Care Services



**Mornington Peninsula Shire**

Name: «Name»

Address: «Street»

[illegible]

# Menu Order Form – Week 6

## Meals on Wheels

### Aged Care Services



**Mornington  
Peninsula Shire**

Name: «Name»

Address: «Street»

|                | MONDAY                                                                                                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                                                                                                                                                           | WEDNESDAY                                                                                                                                                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                                                                                                                                   | FRIDAY                                                                                                                                                                                                                                                                                                                                                         | SATURDAY                                                                                                                                                                                                                                                                                                                                | SUNDAY                                                                                                                                                                                                                                                                                                        |
|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Soup</b>    | <input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                                     | <input type="checkbox"/> Cauliflower Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                              | <input type="checkbox"/> Carrot Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                         | <input type="checkbox"/> Tomato Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                                            | <input type="checkbox"/> Creamy Curry Veg<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                           | <input type="checkbox"/> Broccoli Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                       | <input type="checkbox"/> Potato & Leek Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                        |
| <b>Main</b>    | <input type="checkbox"/> Roast Chicken, Gravy, Roast Potatoes, Beans, Carrots<br><input type="checkbox"/> Lamb & Mint Pie, Mash Potato, Broccoli, Corn<br><input type="checkbox"/> Veal Tortellini, Creamy Cheese Sauce, Beans, Carrots<br><input type="checkbox"/> Mediterranean Quiche, Sweet Potato Fries, Carrots, Peas | <input type="checkbox"/> Roast Beef, Gravy, Roast Potatoes, Beans, Baked Pumpkin<br><input type="checkbox"/> Grilled Fish, Asian Sauce, Chinoise Veg, Sweet Potato fries<br><input type="checkbox"/> Pork Sausages, Tomato/Onion Sauce, Broccoli, Carrots<br><input type="checkbox"/> Creamy Spinach Tomato Penne, Beans, Carrots | <input type="checkbox"/> Silverside & Mustard Sauce, Steamed Potatoes, Peas, Carrot Batons<br><input type="checkbox"/> Chicken Parma, Roast Potatoes, Carrots, Beans<br><input type="checkbox"/> Beef Ravioli, Tomato/Onion Sauce, Cauliflower, Beans<br><input type="checkbox"/> Spicy Tomato Veg Con Carne, Brown Rice, Pumpkin, Corn | <input type="checkbox"/> Roast Turkey, Gravy, Cranberry Sauce, Roast Potatoes, Roast Pumpkin, Broccoli<br><input type="checkbox"/> Beef, Cheese & Onion Pie, Roast potato, Brussel Sprouts, Pumpkin<br><input type="checkbox"/> Lamb Rissole, Pepper Gravy, Polenta, Carrots, Corn<br><input type="checkbox"/> Cheesy Veg & Rice Roll, Scalloped Potato, Broccoli, Pumpkin | <input type="checkbox"/> Roast Lamb, Gravy, Mint Jelly, Roast Potatoes, Carrots, Broccoli<br><input type="checkbox"/> Salmon Patties, Lemon Butter Sauce, Roast Potatoes, Broccoli, Carrots<br><input type="checkbox"/> Mild Curry Pork, Chinoise Veg Stirfry, Noodles, Beans<br><input type="checkbox"/> Cauliflower & Macaroni Cheese Bake, Beans, Mixed Veg | <input type="checkbox"/> Roast Pork, Gravy, Apple Sauce, Roast Potatoes, Baked Pumpkin, Peas<br><input type="checkbox"/> Lemon Chicken, Jasmine Rice, Beans, Carrots<br><input type="checkbox"/> Beef Rissole, Mushroom Sauce, Risoni, Beans, Carrots<br><input type="checkbox"/> Potato, Pumpkin & Broccoli Bake, Carrot Batons, Beans | <input type="checkbox"/> Roast Chicken, Gravy, Roast Potatoes, Beans, Carrots<br><input type="checkbox"/> Beef Stroganoff, Fettuccine, Broccoli, Pumpkin<br><input type="checkbox"/> Pork & Apple Rolls, Potto Mash, Beans, Carrots<br><input type="checkbox"/> Curry Veg Pie, Potato Gems, Pumpkin, Broccoli |
| <b>Dessert</b> | <input type="checkbox"/> Carrot Cake & Custard<br><input type="checkbox"/> Lemon Cheesecake & Cream<br><input type="checkbox"/> Two Fruits & Custard<br><input type="checkbox"/> Tropical Jelly & Fruit                                                                                                                     | <input type="checkbox"/> Rice Pudding, Apple Compote<br><input type="checkbox"/> Jam Roll & Cream<br><input type="checkbox"/> Peaches & Custard<br><input type="checkbox"/> Mango Jelly & Fruit                                                                                                                                   | <input type="checkbox"/> Strawberry Mousse & Cream<br><input type="checkbox"/> Salted Caramel Date Cake & Cream<br><input type="checkbox"/> Apricots & Custard<br><input type="checkbox"/> Raspberry Jelly & Fruit                                                                                                                      | <input type="checkbox"/> Apricot & Berry Crumble & Custard<br><input type="checkbox"/> Coffee Cake & Cream<br><input type="checkbox"/> Fruit Salad & Custard<br><input type="checkbox"/> Pineapple Jelly & Fruit                                                                                                                                                           | <input type="checkbox"/> Fruit Trifle<br><input type="checkbox"/> Tiramisu & Cream<br><input type="checkbox"/> Pears & Custard<br><input type="checkbox"/> Strawberry Jelly & Fruit                                                                                                                                                                            | <input type="checkbox"/> Apple Danish & Custard<br><input type="checkbox"/> Jam, Coconut Sponge & Cream<br><input type="checkbox"/> Apples & Custard<br><input type="checkbox"/> Tropical Jelly & Fruit                                                                                                                                 | <input type="checkbox"/> Banana & Caramel Cake & Custard<br><input type="checkbox"/> Choc Brownie & Cream<br><input type="checkbox"/> Two Fruits & Custard<br><input type="checkbox"/> Mango Jelly & Fruit                                                                                                    |
| <b>Fruit</b>   | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                             | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                   | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                         | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                                            | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                                | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                         | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                               |

# Menu Order Form – Week 7

## Meals on Wheels

### Aged Care Services



Mornington  
Peninsula Shire

Name: «Name»

Address: «Street»

|         | MONDAY                                                                                                                                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                                                                                                                                                                           | WEDNESDAY                                                                                                                                                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                                                                                                 | FRIDAY                                                                                                                                                                                                                                                                                                                                                    | SATURDAY                                                                                                                                                                                                                                                                                                                        | SUNDAY                                                                                                                                                                                                                                                                                                                                 |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Soup    | <input type="checkbox"/> Farmhouse Soup                                                                                                                                                                                                                                                                                      | <input type="checkbox"/> Chicken & Veg Soup                                                                                                                                                                                                                                                                                                       | <input type="checkbox"/> Pumpkin Soup                                                                                                                                                                                                                                                                                                   | <input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                                                  | <input type="checkbox"/> Cauliflower Soup                                                                                                                                                                                                                                                                                                                 | <input type="checkbox"/> Carrot Soup                                                                                                                                                                                                                                                                                            | <input type="checkbox"/> Tomato Soup                                                                                                                                                                                                                                                                                                   |
|         | <input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                                      | <input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                                                           | <input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                          | <input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                                                                   | <input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                                         | <input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                                                |
| Main    | <input type="checkbox"/> Roast Beef, Gravy, Roast Potatoes, Beans, Baked Pumpkin<br><input type="checkbox"/> Ginger Honey Pork, Brown Rice, Mixed Veg, Beans<br><input type="checkbox"/> Shepherd's Pie, Pumpkin, Brussel Sprouts<br><input type="checkbox"/> Zucchini & Cheese Frittata, Scalloped Potato, Beans, Mixed Veg | <input type="checkbox"/> Silverside & Mustard Sauce, Steamed Potatoes, Peas, Carrot Batons<br><input type="checkbox"/> Beef Sausages, Pepper Sauce, Mash Potatoes, Peas, Carrots<br><input type="checkbox"/> Tuna Patties, Sweet Chilli Sauce, Roast Potatoes, Broccoli, Corn<br><input type="checkbox"/> Ratatouille, Brown Rice, Beans, Pumpkin | <input type="checkbox"/> Roast Turkey, Gravy, Cranberry Sauce, Roast Potatoes, Pumpkin, Broccoli<br><input type="checkbox"/> Chicken Kiev, Scalloped Potatoes, Beans, Carrots<br><input type="checkbox"/> Pork Sausages, Tomato/Onion Sauce, Broccoli, Carrots<br><input type="checkbox"/> Mushroom & Pumpkin Risotto, Mixed Veg, Beans | <input type="checkbox"/> Roast Lamb, Gravy, Mint Jelly, Roast Potatoes, Carrots, Broccoli<br><input type="checkbox"/> Slow cooked Beef, Fettuccine, Pumpkin, Beans<br><input type="checkbox"/> Chicken, Mushroom & Garlic Pie, Potato Mash, Carrots, Peas<br><input type="checkbox"/> Vegetable Pastie, Scalloped Potato, Beans, Carrots | <input type="checkbox"/> Roast Pork, Gravy, Apple Sauce, Roast Potatoes, Baked Pumpkin, Peas<br><input type="checkbox"/> Crumbed Fish, Lemon Sauce, Roast Potato, Brussel Sprouts, Corn<br><input type="checkbox"/> Beef in Black Bean Sauce, Brown Rice, Mixed Veg, Broccoli<br><input type="checkbox"/> Pasta Alfredo, Creamy Tomato Sauce, Corn, Beans | <input type="checkbox"/> Roast Chicken, Gravy, Roast Potatoes, Beans, Carrots<br><input type="checkbox"/> Spicy Chorizo Penne, Broccoli, Carrots, Corn<br><input type="checkbox"/> Rogan Josh, Brown Rice, Broccoli, Brussel Sprouts<br><input type="checkbox"/> Pumpkin & Feta Frittata, Potato Mash, Mixed Veg, Carrot Batons | <input type="checkbox"/> Roast Beef, Gravy, Roast Potatoes, Beans, Baked Pumpkin<br><input type="checkbox"/> Lamb & Barley Casserole, Potato Mash, Carrots, Brussel Sprouts<br><input type="checkbox"/> Chicken Stroganoff, Rice, Mixed Veg, Broccoli<br><input type="checkbox"/> Cauliflower & Macaroni Cheese Bake, Beans, Mixed Veg |
| Dessert | <input type="checkbox"/> Blueberry Muffin & Custard<br><input type="checkbox"/> Chocolate Mud Cake & Cream<br><input type="checkbox"/> Peaches & Custard<br><input type="checkbox"/> Raspberry Jelly & Fruit                                                                                                                 | <input type="checkbox"/> Orange & Raspberry Cake & Custard<br><input type="checkbox"/> Yoghurt & Fruit<br><input type="checkbox"/> Apricots & Custard<br><input type="checkbox"/> Pineapple Jelly & Fruit                                                                                                                                         | <input type="checkbox"/> Fruit Cake & Custard<br><input type="checkbox"/> Lamington & Cream<br><input type="checkbox"/> Fruit Salad & Custard<br><input type="checkbox"/> Strawberry Jelly Fruit                                                                                                                                        | <input type="checkbox"/> Sticky Date Cake & Custard<br><input type="checkbox"/> Baked Blueberry Cheesecake & Cream<br><input type="checkbox"/> Pears & Custard<br><input type="checkbox"/> Tropical Jelly & Fruit                                                                                                                        | <input type="checkbox"/> Carrot Cake & Custard<br><input type="checkbox"/> Chocolate Mousse<br><input type="checkbox"/> Apples & Custard<br><input type="checkbox"/> Mango Jelly & Fruit                                                                                                                                                                  | <input type="checkbox"/> Jam Tart & Custard<br><input type="checkbox"/> Tiramisu Slice & Cream<br><input type="checkbox"/> Two Fruits & Custard<br><input type="checkbox"/> Raspberry Jelly & Fruit                                                                                                                             | <input type="checkbox"/> Choc & Orange Cake Custard<br><input type="checkbox"/> Custard Tart & Cream<br><input type="checkbox"/> Peaches & Custard<br><input type="checkbox"/> Pineapple Jelly & Fruit                                                                                                                                 |
| Fruit   | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                              | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                   | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                         | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                          | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                           | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                 | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                        |

# Menu Order Form – Week 8

## Meals on Wheels

### Aged Care Services



Name: «Name»

Address: «Street»

|                | MONDAY                                                                                                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                                                                                                                                         | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                | THURSDAY                                                                                                                                                                                                                                                                                                                                                        | FRIDAY                                                                                                                                                                                                                                                                                                                                                    | SATURDAY                                                                                                                                                                                                                                                                                                               | SUNDAY                                                                                                                                                                                                                                                                                                                                          |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Soup</b>    | <input type="checkbox"/> Creamy Curry Veg<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                     | <input type="checkbox"/> Broccoli Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                               | <input type="checkbox"/> Potato & Leek Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                   | <input type="checkbox"/> Farmhouse Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                              | <input type="checkbox"/> Chicken & Veg Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                                    | <input type="checkbox"/> Pumpkin Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                       | <input type="checkbox"/> Mushroom Soup<br><input type="checkbox"/> Vegetable Soup                                                                                                                                                                                                                                                               |
| <b>Main</b>    | <input type="checkbox"/> Silverside & Mustard Sauce, Steamed Potatoes, Peas, Carrot Batons<br><input type="checkbox"/> Butter Chicken Pie, Roast Potato, Peas, Pumpkin<br><input type="checkbox"/> BBQ Beef Meatballs, Brown Rice, Pumpkin, Broccoli<br><input type="checkbox"/> Caramelized Veg Risotto, Beans, Pumpkin | <input type="checkbox"/> Roast Turkey, Gravy, Cranberry Sauce, Roast Potatoes, Pumpkin, Broccoli<br><input type="checkbox"/> Crumbed Fish, lemon Sauce, Pumpkin, Potato Gems, Beans<br><input type="checkbox"/> Mongolian Lamb, Pasta, Carrot Batons, Broccoli<br><input type="checkbox"/> Mushroom & Leek Frittata, Mixed Veg, Brussel sprouts | <input type="checkbox"/> Roast Lamb, Gravy, Mint Jelly, Roast Potatoes, Carrots, Broccoli<br><input type="checkbox"/> Chicken & Leek Cottage Pie, Peas, Carrots, Cauliflower<br><input type="checkbox"/> Beef in Red Wine Pie, Roast Potatoes, Brussel Sprouts, Corn<br><input type="checkbox"/> Mediterranean Quiche, Sweet Potato Fries, Carrots, Peas | <input type="checkbox"/> Roast Beef, Gravy, Roast Potatoes, Beans, Baked Pumpkin<br><input type="checkbox"/> French Onion Lamb Casserole, Fettuccine, Mixed Vegetables, Broccoli<br><input type="checkbox"/> Chicken Sausages, Honey Mustard Sauce, Scalloped Potatoes, Peas, Carrots<br><input type="checkbox"/> Curry Veg Pie, Potato Gems, Pumpkin, Broccoli | <input type="checkbox"/> Silverside & Mustard Sauce, Steamed Potatoes, Peas, Carrot Batons<br><input type="checkbox"/> Grilled Fish, Asian Sauce, Chinoise Veg, Sweet Potato fries<br><input type="checkbox"/> Spaghetti Bolognese, Peas, Carrots, Corn<br><input type="checkbox"/> Three Cheese & Pepper Ravioli, Creamy Garlic Sauce, Broccoli, Pumpkin | <input type="checkbox"/> Roast Pork, Gravy, Apple Sauce, Roast Potatoes, Baked Pumpkin, Peas<br><input type="checkbox"/> Beef Ragu, Brown Rice, Pumpkin, Brussel Sprouts<br><input type="checkbox"/> Chicken Schnitzel, Gravy, Broccoli, Carrots<br><input type="checkbox"/> Thai Veg Curry, Pasta, Beans, Cauliflower | <input type="checkbox"/> Roast Chicken, Gravy, Roast Potatoes, Beans, Carrots<br><input type="checkbox"/> Ham & Cheese Tortellini, Tomato Sauce, Peas, Carrots<br><input type="checkbox"/> Lamb Tagine Casserole, Potato Mash, Beans, Carrots<br><input type="checkbox"/> Spanish Omelette Quiche, Sweet Potato Fries, Carrots, Brussel Sprouts |
| <b>Dessert</b> | <input type="checkbox"/> Toffee Pudding & Custard<br><input type="checkbox"/> Pancakes, Jam & Cream<br><input type="checkbox"/> Apricots & Custard<br><input type="checkbox"/> Strawberry Jelly & Fruit                                                                                                                  | <input type="checkbox"/> Chocolate Roll & Custard<br><input type="checkbox"/> Apple Pie & Cream<br><input type="checkbox"/> Fruit Salad & Custard<br><input type="checkbox"/> Tropical Jelly & Fruit                                                                                                                                            | <input type="checkbox"/> Fruit Trifle<br><input type="checkbox"/> Cinnamon Rolls & Cream<br><input type="checkbox"/> Pears & Custard<br><input type="checkbox"/> Mango Jelly & Fruit                                                                                                                                                                     | <input type="checkbox"/> Date & Pear Pudding & Custard<br><input type="checkbox"/> Chocolate Cheesecake & Cream<br><input type="checkbox"/> Apples & Custard<br><input type="checkbox"/> Raspberry Jelly & Fruit                                                                                                                                                | <input type="checkbox"/> Lemon Drizzle Cake & Custard<br><input type="checkbox"/> Mango Mousse & Cream<br><input type="checkbox"/> Two Fruits & Custard<br><input type="checkbox"/> Pineapple Jelly & Apple                                                                                                                                               | <input type="checkbox"/> Gingerbread Cake & Custard<br><input type="checkbox"/> Rice Pudding & Apricots<br><input type="checkbox"/> Peaches & Custard<br><input type="checkbox"/> Strawberry Jelly & Fruit                                                                                                             | <input type="checkbox"/> Bread & Butter Pudding & Custard<br><input type="checkbox"/> Orange & Poppyseed Cake & Cream<br><input type="checkbox"/> Apples & Custard<br><input type="checkbox"/> Raspberry Jelly & Fruit                                                                                                                          |
| <b>Fruit</b>   | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                          | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                 | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                          | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                                 | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                           | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                        | <input type="checkbox"/> Apple <input type="checkbox"/> Orange<br><input type="checkbox"/> Apple Juice<br><input type="checkbox"/> Orange Juice                                                                                                                                                                                                 |

