

Main Meal - Temperature/Texture		
chilled	hot	frozen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
puree	cut up	normal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# ST GEORGE MEALS ON WHEELS NSW - Tel: 9584 1286

## Fresh Menu 2018- Week 1

Select your meals by colouring in the boxes COMPLETELY with a black pen like this:   
 Do not write notes on the menu. Write on a separate piece of paper if needed.  
 Complete ALL 4 menus within 7 days and return to **volunteer**

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY		
<b>Frozen Soups \$3.00</b>	Variety 1	Chicken & Veg. <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	<b>Frozen Meals &amp; Desserts</b> Meals delivered on Friday	
	Variety 2	Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Chicken & Veg <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>		Beef Stroganoff (D) <input type="checkbox"/>
	Variety 3	Potato & Leek <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>		Pasta, Carrots, Peas Rice, Green Beans, Pumpkin <input type="checkbox"/>
<b>Main Meals \$7.15</b> (D) = good choice for DIABETICS.	Main 1	Beef Mince Bolognaise (D) <input type="checkbox"/>	Grilled Pork Sausages with Gravy (D) <input type="checkbox"/>	Grilled Fish Tartare Sauce (D) <input type="checkbox"/>	Chicken Schnitzel with Gravy (D) <input type="checkbox"/>	Roast Beef with Gravy (D) <input type="checkbox"/>	Roast Chicken w Gravy (D) <input type="checkbox"/>	
	Main 2	Chicken w Peppers (D) <input type="checkbox"/>	Mongolian Beef (D) <input type="checkbox"/>	Pork Stir Fry (D) <input type="checkbox"/>	Irish Lamb Stew (D) <input type="checkbox"/>	Baked Fish Oriental Sauce (D) <input type="checkbox"/>	Sweet Pot, Mix Veg, Broccoli Rice, Carrots, Zucchini <input type="checkbox"/>	
<b>Carbohydrates</b> Choose 1 only	Spaghetti <input type="checkbox"/>	Rice <input type="checkbox"/>	Potato Wedges <input type="checkbox"/>	Roast Pumpkin <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Roast Lamb Mint Jelly & gravy (D) <input type="checkbox"/>	
	Rice <input type="checkbox"/>	Sweet Potato <input type="checkbox"/>	Rice <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Mash Potato <input type="checkbox"/>	Mash Potato <input type="checkbox"/>	Roast Pot, Mix Veg, Spinach Mash Potato, Cabbage, Pumpkin <input type="checkbox"/>	
<b>Vegetables</b> Choose any 2 for each day you receive a meal.	Carrots <input type="checkbox"/>	Zucchini <input type="checkbox"/>	Cauliflower <input type="checkbox"/>	Green Beans <input type="checkbox"/>	Cabbage <input type="checkbox"/>	Roast Pumpkin <input type="checkbox"/>	Sweet & Sour Pork <input type="checkbox"/>	
	Peas <input type="checkbox"/>	Corn <input type="checkbox"/>	Carrots <input type="checkbox"/>	Carrots <input type="checkbox"/>	Roast Pumpkin <input type="checkbox"/>	Peas <input type="checkbox"/>	Pasta, Carrots, Peas Rice, Green Beans, Pumpkin <input type="checkbox"/>	
<b>Salads \$7.15</b>	Variety 1	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	<b>Desserts</b>	
	Variety 2	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>		Lemon Yoghurt Cake Whipped Cream <input type="checkbox"/>
<b>Sandwiches \$7.15</b>	Variety 1	Cheese & Tomato <input type="checkbox"/>	Tuna & Mayo <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	Salmon & Mayo <input type="checkbox"/>	Chicken & Mayo <input type="checkbox"/>	Brown Rice Pudding Sliced Pears (D) <input type="checkbox"/>	
	Variety 2	Roast Beef with Mustard Pickle <input type="checkbox"/>	Corned Silverside with Mustard <input type="checkbox"/>	Roast Pork with Apple Sauce <input type="checkbox"/>	Roast lamb with Mint Jelly <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	Apple Pie Whipped Cream <input type="checkbox"/>	
<b>Desserts \$3.00</b> D) = good choice for DIABETICS	Dessert 1	Carrot & Walnut Cake Creamy Cheese Icing <input type="checkbox"/>	Mango Mousse Sliced Mango <input type="checkbox"/>	Pineapple & Date loaf w Whipped Cream <input type="checkbox"/>	Custard Tart <input type="checkbox"/>	Coconut Cake Whipped Cream <input type="checkbox"/>	Peach Crumble Whipped Cream (D) <input type="checkbox"/>	
	Dessert 2	Fruit Jelly Whipped Cream <input type="checkbox"/>	Cupcake with Jam Whipped Cream <input type="checkbox"/>	Sultana & Custard Slice <input type="checkbox"/>	Sliced Peaches Whipped Cream <input type="checkbox"/>	Baked Pears with Custard <input type="checkbox"/>	<input type="checkbox"/>	
<b>Diabetic Desserts</b>	Fruit Jelly Whipped Cream (D) <input type="checkbox"/>	Cupcake with Jam Whipped Cream (D) <input type="checkbox"/>	Sultana & Custard Slice (D) <input type="checkbox"/>	Sliced Peaches Whipped Cream (D) <input type="checkbox"/>	Baked Pears with Custard (D) <input type="checkbox"/>	Baked Pears with Custard (D) <input type="checkbox"/>	<b>Fruit Juices (Max. 2 Juices)</b>	
<b>Fruit Juices \$0.70</b>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/>	
	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/>	



Main Meal - Temperature/Texture		
chilled	hot	frozen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
puree	cut up	normal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# ST GEORGE MEALS ON WHEELS NSW - Tel: 9584 1286

## Fresh Menu 2018- Week 2

Select your meals by colouring in the boxes COMPLETELY with a black pen like this:   
 Do not write notes on the menu. Write on a separate piece of paper if needed.  
 Complete ALL 4 menus within 7 days and return to **volunteer**

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>SATURDAY &amp; SUNDAY</b> <b>Frozen Meals &amp; Desserts</b> <b>Meals delivered on Friday</b>
<b>Frozen Soups \$3.00</b> Variety 1 Variety 2 Variety 3	Chicken & Veg. <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Corned Silverside (D) <input type="checkbox"/> Parsley Sauce Rice, Carrots, Zucchini <input type="checkbox"/> Pars. Pot, Corn, Mix Veg <input type="checkbox"/>
	Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Chicken & Veg <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Chicken & Veg <input type="checkbox"/>	Meatloaf with Gravy (D) <input type="checkbox"/> Pumpkin, Brussel Sprouts, Cauli. <input type="checkbox"/> Wedges, Peas, Cheesy Broccoli <input type="checkbox"/>
	Potato & Leek <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Chicken, Mushroom & Bacon Boscaiola (D) <input type="checkbox"/> Pasta, Spinach, Pumpkin <input type="checkbox"/> Wedges, Zucchini, Peas <input type="checkbox"/>
<b>Main Meals \$7.15</b> Main 1 (D) = good choice for DIABETICS. Main 2	Beef Machado (D) <input type="checkbox"/>	Roast Pork Apple Sauce & Gravy (D) <input type="checkbox"/>	Devilled Beef Sausages (D) <input type="checkbox"/>	Chicken Chow Meir (D) <input type="checkbox"/>	Baked Fish with Hollandaise Sauce (D) <input type="checkbox"/>	Baked Fish w Tomato & Cheese (D) <input type="checkbox"/> Sweet Pot, Carrots, Peas <input type="checkbox"/> Pars. Pot, Cabbage, Mix Veg <input type="checkbox"/>
	Tuna Pasta Bake (D) <input type="checkbox"/>	Sweet & Sour Chicken <input type="checkbox"/>	Massaman Lamb Curry <input type="checkbox"/>	Steak & Kidney Pie <input type="checkbox"/>	Pork Casserole (D) <input type="checkbox"/>	Creamy Rice Sliced Peaches (D) <input type="checkbox"/> Raspberry Jam & Coconut Slice <input type="checkbox"/>
<b>Carbohydrates</b> Choose 1 only	Rice <input type="checkbox"/> Pasta <input type="checkbox"/>	Roast Potato <input type="checkbox"/> Roast Pumpkin <input type="checkbox"/>	Mash Potato <input type="checkbox"/> Rice <input type="checkbox"/>	Noodles <input type="checkbox"/> Couscous <input type="checkbox"/>	Rice <input type="checkbox"/> Sweet Potato <input type="checkbox"/>	Desserts Apricot Crumble Whipped Cream (D) <input type="checkbox"/> Mixed Berry Muffin Whipped Cream <input type="checkbox"/>
<b>Vegetables</b> Choose any 2 for each day you receive a meal.	Pumpkin <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Carrots <input type="checkbox"/>	Peas <input type="checkbox"/> Mix Veg <input type="checkbox"/> Cauliflower <input type="checkbox"/> Zucchini <input type="checkbox"/>	Spinach <input type="checkbox"/> Carrots <input type="checkbox"/> Cabbage <input type="checkbox"/> Mix Veg <input type="checkbox"/>	Baked Cauliflower <input type="checkbox"/> Green Beans <input type="checkbox"/> Carrots <input type="checkbox"/> Corn <input type="checkbox"/>	Cabbage <input type="checkbox"/> Roast Pumpkin <input type="checkbox"/> Peas <input type="checkbox"/> Spinach <input type="checkbox"/>	Creamy Rice Sliced Peaches (D) <input type="checkbox"/> Bread & Butter Pudding Slice Pears <input type="checkbox"/>
<b>Salads \$7.15</b> Variety 1 Variety 2	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Creamy Rice Sliced Peaches (D) <input type="checkbox"/> Bread & Butter Pudding Slice Pears <input type="checkbox"/>
	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Fruit Juices (Max. 2 Juices) Orange Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/> Apple Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/>
<b>Sandwiches \$7.15</b> Variety 1 Variety 2	Cheese & Tomato <input type="checkbox"/>	Tuna & Mayo <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	Salmon & Mayo <input type="checkbox"/>	Chicken & Mayo <input type="checkbox"/>	
	Roast Beef with Mustard Pickle <input type="checkbox"/>	Corned Silverside with Mustard <input type="checkbox"/>	Roast Pork with Apple Sauce <input type="checkbox"/>	Roast Lamb w Mint Jelly <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	
<b>Desserts \$3.00</b> Dessert 1 (D) = good choice for DIABETICS. Dessert 2	Blueberry Muffin Whipped Cream <input type="checkbox"/>	Caramel Walnut Slice <input type="checkbox"/>	Sponge Cake w Jam Whipped Cream <input type="checkbox"/>	Sticky date Pudding w Caramel Sauce <input type="checkbox"/>	Lemon Delicious Slice <input type="checkbox"/>	
	Two Fruits <input type="checkbox"/>	Creamy Sago with Coconut Cream <input type="checkbox"/>	Blancmange Jelly Whipped Cream <input type="checkbox"/>	Creme Caramel <input type="checkbox"/>	Bread & Butter Pudding Slice Pears <input type="checkbox"/>	
<b>Diabetic Desserts</b>	Two Fruits (D) <input type="checkbox"/>	Creamy Sago with Coconut Cream (D) <input type="checkbox"/>	Blancmange Jelly Whipped Cream (D) <input type="checkbox"/>	Creme Caramel (D) <input type="checkbox"/>	Bread & Butter Pudding Slice Pears (D) <input type="checkbox"/>	
<b>Fruit Juices \$0.70</b>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/>	
	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	Apple Juice <input type="checkbox"/>	



# ST GEORGE MEALS ON WHEELS NSW - Tel: 9584 1286

Fresh Menu 2018 - Week 3

Main Meal - Temperature/Texture		
chilled	hot	frozen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
puree	cut up	normal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Select your meals by colouring in the boxes COMPLETELY with a black pen like this:   
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 Complete ALL 4 menus within 7 days and return to **volunteer**

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>SATURDAY &amp; SUNDAY</b> Frozen Meals & Desserts Meals delivered on Friday
<b>Frozen Soups \$3.00</b> Variety 1 Variety 2 Variety 3	Chicken & Veg. <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Chicken & Corn. <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Beef Mince (D) <input type="checkbox"/> Bolognese <input type="checkbox"/> Spaghetti, Carrots, Peas <input type="checkbox"/> Spaghetti, Mix Veg, Cauliflower <input type="checkbox"/>
	Beef Stroganoff (D) <input type="checkbox"/>	Pork Apritada (D) <input type="checkbox"/>	Fish Cake (D) <input type="checkbox"/>	Roast Chicken w Gravy (D) <input type="checkbox"/>	Roast Lamb with Mint Jelly & Gravy (D) <input type="checkbox"/>	Grilled Pork (D) <input type="checkbox"/> Sausage w Gravy <input type="checkbox"/> Rice, Zucchini, Corn <input type="checkbox"/> Sweet Pot, Green Beans, Pumpkin <input type="checkbox"/>
	Sweet & Sour Pork <input type="checkbox"/>	Lemon Chicken White Sauce (D) <input type="checkbox"/>	Shepherd's Pie (D) <input type="checkbox"/>	Beef Stir Fry (D) <input type="checkbox"/>	Crumbed Fish Tartare Sauce (D) <input type="checkbox"/>	Chicken Schnitzel w Gravy (D) <input type="checkbox"/> Pumpkin, Green Beans, Zucchini <input type="checkbox"/> Roast Pot, Brussel Sprouts, Carrots <input type="checkbox"/>
<b>Main Meals \$7.15</b> Main 1 (D) = good choice for DIABETICS. Main 2	Pasta <input type="checkbox"/> Rice <input type="checkbox"/>	Rice <input type="checkbox"/> Roast Potato <input type="checkbox"/>	Parsley Potato <input type="checkbox"/> Roast Pumpkin <input type="checkbox"/>	Roast Sweet Potato <input type="checkbox"/> Rice <input type="checkbox"/>	Roast Potato <input type="checkbox"/> Mash Potato <input type="checkbox"/>	Baked Fish (D) <input type="checkbox"/> Oriental Sauce <input type="checkbox"/> Roast Potato, Peas, Roast Pumpkin <input type="checkbox"/> Mash Potato, Spinach, Cabbage <input type="checkbox"/>
<b>Carbohydrates</b> Choose 1 only	Carrots <input type="checkbox"/> Peas <input type="checkbox"/> Green Beans <input type="checkbox"/> Pumpkin <input type="checkbox"/>	Cabbage <input type="checkbox"/> Zucchini <input type="checkbox"/> Corn <input type="checkbox"/> Mix Veg <input type="checkbox"/>	Carrots <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Green Beans <input type="checkbox"/> Corn <input type="checkbox"/>	Mix Veg <input type="checkbox"/> Broccoli <input type="checkbox"/> Carrots <input type="checkbox"/> Zucchini <input type="checkbox"/>	Spinach <input type="checkbox"/> Mix Veg <input type="checkbox"/> Cabbage <input type="checkbox"/> Roast Pumpkin <input type="checkbox"/>	<b>Desserts (D)</b> <input type="checkbox"/> Cupcake with Jam Whipped Cream <input type="checkbox"/> Pineapple & Date Loaf Whipped Cream <input type="checkbox"/>
<b>Salads \$7.15</b> Variety 1 Variety 2	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Baked Pears w Custard (D) <input type="checkbox"/> Carrot & Walnut Cake <input type="checkbox"/> Coconut Cheese Icing <input type="checkbox"/>
<b>Sandwiches \$7.15</b> Variety 1 Variety 2	Cheese & Tomato <input type="checkbox"/>	Tuna & Mayo <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	Salmon & Mayo <input type="checkbox"/>	Chicken & Mayo <input type="checkbox"/>	Fruit Juices (Max. 2 Juices) Orange Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/> Apple Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/>
<b>Desserts \$3.00</b> (D) = good choice for DIABETICS. Dessert 1 Dessert 2	Lemon Yoghurt Cake Whipped Cream <input type="checkbox"/>	Vanilla Slice <input type="checkbox"/>	Chocolate Mousse <input type="checkbox"/>	Apple Pie with Whipped Cream <input type="checkbox"/>	Trifle with Whipped Cream <input type="checkbox"/>	
<b>Diabetic Desserts</b>	Brown Rice Pudding Sliced Pears (D) <input type="checkbox"/>	Stewed Apple w Custard (D) <input type="checkbox"/>	Peach Crumble w Whipped Cream (D) <input type="checkbox"/>	Fruit Salad (D) <input type="checkbox"/>	Coconut Slab Caramel Sauce (D) <input type="checkbox"/>	
<b>Fruit Juices \$0.70</b>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	

Main Meal - Temperature/Texture		
chilled	hot	frozen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
puree	cut up	normal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# ST GEORGE MEALS ON WHEELS NSW - Tel: 9584 1286

## Fresh Menu 2018 - Week 4

Select your meals by colouring in the boxes COMPLETELY with a black pen like this:  Do not write notes on the menu. Write on a separate piece of paper if needed. Complete ALL 4 menus within 7 days and return to **volunteer**

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>SATURDAY &amp; SUNDAY</b> Frozen Meals & Desserts Meals delivered on Friday
<b>Frozen Soups \$3.00</b>	Variety 1 Chicken & Veg. <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Devilled Beef Sausages <input type="checkbox"/>
	Variety 2 Pea & Ham <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Chicken & Veg <input type="checkbox"/>	Pea & Ham <input type="checkbox"/>	Chicken & Veg <input type="checkbox"/>	(D) <input type="checkbox"/>
	Variety 3 Potato & Leek <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	Pumpkin <input type="checkbox"/>	Potato & Leek <input type="checkbox"/>	Chicken & Corn <input type="checkbox"/>	Mash Pot, Spinach, Carrots Rice, Cabbage, Mix Veg <input type="checkbox"/>
<b>Main Meals \$7.15</b> (D) = good choice for DIABETICS.	Main 1 Chicken Oriental (D) <input type="checkbox"/>	Pork & Veg Savoury (D) <input type="checkbox"/>	Veal Goulash (D) <input type="checkbox"/>	Chicken, Mushroom Bacon Boscaiola (D) <input type="checkbox"/>	Beef Lasagne <input type="checkbox"/>	Roast Pork Apple Sauce & Gravy (D) <input type="checkbox"/>
	Main 2 Corn Silverside Parsley Sauce (D) <input type="checkbox"/>	Meatloaf with gravy (D) <input type="checkbox"/>	Baked Fish with Tomato & Cheese (D) <input type="checkbox"/>	Quiche Lorraine <input type="checkbox"/>	Salmon Mornay (D) <input type="checkbox"/>	Roast Potato, Peas, Mix Veg Roast Pum, Cauli, Zucchini <input type="checkbox"/>
<b>Carbohydrates</b> Choose 1 only	Rice <input type="checkbox"/> Parsley Potato <input type="checkbox"/>	Roast Pumpkin <input type="checkbox"/> Potato Wedges <input type="checkbox"/>	Sweet Potato <input type="checkbox"/> Parsley Potato <input type="checkbox"/>	Fettuccine <input type="checkbox"/> Potato Wedges <input type="checkbox"/>	Roast Pumpkin <input type="checkbox"/> Sweet Potato <input type="checkbox"/>	Noodles, Cauliflower, Green Beans <input type="checkbox"/> Noodles, Carrots, Corn <input type="checkbox"/>
<b>Vegetables</b> Choose any 2 for each day you receive a meal.	Carrots <input type="checkbox"/> Zucchini <input type="checkbox"/> Corn <input type="checkbox"/> Mix Veg <input type="checkbox"/>	Brussel Sprouts <input type="checkbox"/> Peas <input type="checkbox"/> Cauliflower <input type="checkbox"/> Cheesy Broccoli <input type="checkbox"/>	Carrots <input type="checkbox"/> Peas <input type="checkbox"/> Cabbage <input type="checkbox"/> Mix Veg <input type="checkbox"/>	Spinach <input type="checkbox"/> Pumpkin <input type="checkbox"/> Zucchini <input type="checkbox"/> Peas <input type="checkbox"/>	Carrots <input type="checkbox"/> Green Beans <input type="checkbox"/> Corn <input type="checkbox"/> Cabbage <input type="checkbox"/>	Baked Fish (D) <input type="checkbox"/> Hollandaise Sauce (D) <input type="checkbox"/> Rice, Cabbage, Peas <input type="checkbox"/> Sweet Pot, Spinach, Roast Pump <input type="checkbox"/>
<b>Salads \$7.15</b>	Variety 1 Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	Garden Salad, Coleslaw, Pot. Salad <input type="checkbox"/>	<b>Desserts</b> Creamy Sago Coconut Cream (D) <input type="checkbox"/>
	Variety 2 Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	Greek Salad, Mixed Bean Salad, Rice Salad <input type="checkbox"/>	
<b>Sandwiches \$7.15</b>	Variety 1 Cheese & Tomato <input type="checkbox"/>	Tuna & Mayo <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	Salmon & Mayo <input type="checkbox"/>	Chicken & Mayo <input type="checkbox"/>	Bread & Butter Pudding (D) <input type="checkbox"/> Slice Pears <input type="checkbox"/>
	Variety 2 Roast Beef with Mustard Pickle <input type="checkbox"/>	Corn Silverside with Mustard <input type="checkbox"/>	Roast Pork with Apple Sauce <input type="checkbox"/>	Roast Lamb with Mint Sauce <input type="checkbox"/>	Egg & Mayo <input type="checkbox"/>	
<b>Desserts \$3.00</b> (D) = good choice for DIABETICS	Dessert 1 Choc Cake & Chocolate Icing <input type="checkbox"/>	Mixed Berry Muffin Whipped Cream <input type="checkbox"/>	Buttery Orange Cake Whipped Cream <input type="checkbox"/>	Lemon Slice <input type="checkbox"/>	Raspberry Jam Coconut Slice <input type="checkbox"/>	Sticky Date Pudding Caramel Sauce <input type="checkbox"/>
	Dessert 2 Creamy Rice w Sliced Peaches <input type="checkbox"/>	Apricot Crumble Whipped Cream <input type="checkbox"/>	Passionfruit Cheesecake <input type="checkbox"/>	Fruit Custard <input type="checkbox"/>	Baked Apple With Custard <input type="checkbox"/>	
<b>Diabetic Desserts</b>	Creamy Rice w Sliced Peaches (D) <input type="checkbox"/>	Apricot Crumble Whipped Cream (D) <input type="checkbox"/>	Passionfruit Cheesecake (D) <input type="checkbox"/>	Fruit Custard (D) <input type="checkbox"/>	Baked Apple With Custard (D) <input type="checkbox"/>	<b>Fruit Juices (Max. 2 Juices)</b> Orange Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/> Apple Juice 1 <input type="checkbox"/> 2 <input type="checkbox"/>
<b>Fruit Juices \$0.70</b>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	Orange Juice <input type="checkbox"/> Apple Juice <input type="checkbox"/>	

