



Name:
Run:

Date:

Choose up to 3 Delivery Days: Mon Tue Wed Thu Fri (Friday includes Saturday & Sunday)

	Code	WEEK 1					WEEK 2					WEEK 3					WEEK 4				
		<input type="checkbox"/> Please tick to repeat					<input type="checkbox"/> Please tick to repeat					<input type="checkbox"/> Please tick to repeat					<input type="checkbox"/> Please tick to repeat				
Monday - Friday		Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri
SOUP																					
Beef & Barley Soup	LNE-21006																				
Chicken Noodle Soup	LNE-21002																				
Pea & Ham Soup	LNE-21003																				
Creamy Tomato Soup	LNE-21000																				
Pumpkin Soup	LNE-21001																				
Potato & Leek Soup	LNE-21004																				
MINI - MAIN																					
Spaghetti Bolognese Entrée	LNE609																				
Beef Lasagne	LNE751																				
Apricot Chicken with Creamy Mash	FD002																				
Creamy Chicken & Mushroom Casserole with Cous Cous	FD025																				
Roast Chicken & Gravy	LNE480																				
Broccoli Chicken Pasta Bake	LNE545																				
Fried Rice with BBQ Chicken	LNE752																				
Tuna Mornay with Creamy Mash	FD006																				
Battered Fish Pieces with Baked Potato Wedges	FD008																				
Mushroom Stroganoff	LNE442																				











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Monday - Friday






Code	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	
MAIN																					
Beef Rissoles with Onion Gravy & Creamy Mash 	FD009																				
Roast Beef with Homemade Gravy & Baked Potato  	FD010																				
My Choice Beef Stroganoff	LNE11002																				
My Choice Corned Beef 	LNE11007																				
My Choice Shepherd's Pie	LNE11016																				
My Choice Hearty Beef Casserole	LNE11036																				
My Choice Sausages with Onion Gravy	LNE11005																				
My Choice Rissoles with Mash & Gravy	LNE11030																				
My Choice Butter Chicken	LNE11020																				
My Choice Honey Soy Chicken	LNE11022																				
My Choice Apricot Chicken	LNE11025																				
My Choice Chicken Schnitzel & Gravy	LNE11033																				
My Choice Roast Chicken	LNE11029																				
My Choice Chicken Parmigiana	LNE11032																				
My Choice Tuna Mornay	LNE11040																				
My Choice Roast Lamb	LNE11013																				
My Choice Slow Cooked Lamb Shanks	LNE11015																				
Sweet & Sour Pork with Steamed Rice  	FD012																				
My Choice Pork Scallopini	LNE11011																				
My Choice Roast Pork	LNE 11012																				



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		Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri	Mon	Tues	Wed	Thur	Fri
MAIN (CONTINUED)																					
My Choice Special Fried Rice	LNE11041																				
My Choice Tasmanian Salmon with White Wine Sauce	LNE11004																				
My Choice Parmesan Crusted Fish	LNE11006																				
My Choice Curried Prawns with Pilaf Rice	LNE11009																				
My Choice Spaghetti with Creamy Garlic Prawns	LNE11034																				
Homestyle Macaroni Cheese	LNE-54																				
Vegetarian Spaghetti Bolognese 	LNE242																				
Vegetarian Potato & Chickpea Curry  	LNE213																				
Moroccan Pumpkin & Chickpeas	LNE245																				
DESSERT																					
Pavlova with Fresh Cream & Strawberries	FD015																				
Chocolate Mudcake with Fresh Cream	FD016																				
Lemon Cheesecake with Fresh Cream	FD017																				
Chocolate Bavarian Cream Pie	FD018																				
Sherry Custard Trifle	FD020																				
Stewed Rhubarb with Apple & Custard 	FD021																				
Apricot Pudding	LNE22002																				
Sticky Date Pudding with Custard	LNE-22003																				
Lemon Sponge with Custard	LNE22004																				
Apple Cinnamon Crumble	LNE22005																				
Bread & Butter Pudding	LNE22007																				
My Choice Rice Pudding with Blueberry & Apple Compote 	LNE22006																				

