

FRESH SUMMER MENU

WEEK ONE

NAME: _____

Entered into POLIXEN Date: ___/___/___

MONDAY					WEDNESDAY					FRIDAY						
	Monday		Tuesday			Wednesday		Thursday			Friday		Saturday		Sunday	
BREAKFAST					BREAKFAST					BREAKFAST						
Muesli & Yoghurt					Cornflakes					Sultana Bran						
Pancakes					Breakfast Pie					French Toast						
SNACK					SNACK					SNACK						
BBQ Meatballs					Caramel Slice					Party Pie & Sausage Roll						
SOUP					SOUP					SOUP						
French Onion Soup					Spring Vegetable Soup					Chicken & Corn Soup						
Bread Roll					Bread Roll					Bread Roll						
LIGHT LUNCH					LIGHT LUNCH					LIGHT LUNCH						
Chicken & Pumpkin Salad					Cheeseburger					Ham & Pineapple Pizza						
MEALS					MEALS					MEALS						
Pasta Bolognese	Mini	Main	Mini	Main	Beef Casserole	Mini	Main	Mini	Main	Garlic Prawns	Mini	Main	Mini	Main	Mini	Main
Mango Chicken					Pork in Plum Sauce					Chicken Schnitzel & Mushroom Sauce						
Roast Pork & Gravy					Moroccan Chicken					Beef Stir Fry						
Tuscan Vegetable Casserole					Spinach & Ricotta Crepe					Vegetable Quiche						
DESSERTS					DESSERTS					DESSERTS						
Peach & Apple Sponge					Caramel Pudding					Chocolate Pudding						
Jelly & Fruit					Baked Custard					Apple & Rhubarb						
Fruit & Ice Cream					Fruit & Custard					Fruit & Custard						

Please place a tick against your choices for the week & Return via your meal deliverer

DO YOU HAVE ANY DIETATERY REQUIREMENTS PLEASE PLACE BELOW

FRESH SUMMER MENU

WEEK TWO

NAME: _____

Entered into POLIXEN Date: ___/___/___

MONDAY					WEDNESDAY					FRIDAY				
	Monday	Tuesday			Wednesday	Thursday			Friday	Saturday	Sunday			
BREAKFAST					BREAKFAST					BREAKFAST				
Cornflakes					Sultana Bran				Muesli & Yoghurt					
Bacon & Eggs					Breakfast Pie				Pancakes					
SNACK					SNACK					SNACK				
Lamington					Pork Riblettes				Custard Tart					
SOUP					SOUP					SOUP				
Tomato Soup					Chicken Noodle Soup				Potato & Leek Soup					
Bread Roll					Bread Roll				Bread Roll					
LIGHT LUNCH					LIGHT LUNCH					LIGHT LUNCH				
Ham & Cheese Roll					Greek Style Salad				Chicken Tenders					
MEALS					MEALS					MEALS				
	Mini	Main	Mini	Main		Mini	Main	Mini	Main		Mini	Main	Mini	Main
Chicken Pesto Pasta					Roast Beef & Gravy					Rissole & Gravy				
Sweet & Sour Pork					Teriyaki Chicken					Shepherd's Pie				
Lamb Casserole					Fish in Lemon Sauce					Crumbed Fish				
Zucchini Slice					Mexican Beans					Macaroni Cheese				
DESSERTS					DESSERTS					DESSERTS				
Apple Blueberry Crumble					Impossible Pie					Pavlova				
Ice Cream & Berry Compote					Apple Tea Sponge					Chocolate Mousse				
Fruit & Custard					Fruit & Custard					Fruit & Custard				

Please place a tick against your choices for the week & Return via your meal deliverer

DO YOU HAVE ANY DIETARY REQUIREMENTS PLEASE PLACE BELOW

FRESH SUMMER MENU

WEEK THREE

NAME: _____

Entered into POLIXEN Date: ___/___/___

MONDAY					WEDNESDAY					FRIDAY				
	Monday	Tuesday			Wednesday	Thursday			Friday	Saturday	Sunday			
BREAKFAST					BREAKFAST					BREAKFAST				
Sultana Bran					Muesli & Yoghurt				Cornflakes					
French Toast					Bacon & Eggs				Pancakes					
SNACK					SNACK					SNACK				
Chicken Nuggets					Blueberry Muffin				Pastie					
SOUP					SOUP					SOUP				
Minestrone Soup					Pumpkin Soup				Beef & Vegetable Soup					
Bread Roll					Bread Roll				Bread Roll					
LIGHT LUNCH					LIGHT LUNCH					LIGHT LUNCH				
Curried Egg Sandwich					Beef & Relish Sandwich				Loaded Wedges					
MEALS					MEALS					MEALS				
	Mini	Main	Mini	Main		Mini	Main	Mini	Main		Mini	Main	Mini	Main
Mongolian Lamb					Sweet & Sour Meatballs					Roast Chicken & Gravy				
Braised Steak					Chicken & Asparagus Bake					Sausages & Gravy				
Honey Soy Chicken					Pepper Pork					Curried Prawns				
Falafel Burger					Thai Green Curry Vegetables					Roast Vegetable Frittata				
DESSERTS					DESSERTS					DESSERTS				
Creamed Rice					Pear & Cinnamon Crumble					Cheesecake				
Trifle					Apple Pie & Custard					Citrus Mousse				
Fruit & Custard					Fruit & Custard					Fruit & Custard				

Please place a tick against your choices for the week & Return via your meal deliverer

DO YOU HAVE ANY DIETARY REQUIREMENTS PLEASE PLACE BELOW

FRESH SUMMER MENU

WEEK FOUR

NAME: _____

Entered into POLIXEN Date: ___/___/___

MONDAY					WEDNESDAY					FRIDAY				
	Monday	Tuesday			Wednesday	Thursday			Friday	Saturday	Sunday			
BREAKFAST					BREAKFAST					BREAKFAST				
Sultana Bran					Muesli & Yoghurt					Cornflakes				
Breakfast Pie					French Toast					Bacon & Eggs				
SNACK					SNACK					SNACK				
Banana Bread					Spinach & Ricotta Roll					Chocolate Cake				
SOUP					SOUP					SOUP				
Mexican Soup					Pea & Ham Soup					Bacon Chowder Soup				
Bread Roll					Bread Roll					Bread Roll				
LIGHT LUNCH					LIGHT LUNCH					LIGHT LUNCH				
Chicken & Mayo Sandwich					Satay Chicken Skewer					Ham & Cheese Croissant				
MEALS					MEALS					MEALS				
	Mini	Main	Mini	Main		Mini	Main	Mini	Main		Mini	Main	Mini	Main
Roast Lamb & Gravy					Beef Stroganoff					Lambs Fry & Bacon				
Apricot Chicken					Hawaiian Chicken					Meat Pie & Gravy				
Savoury Mince					Pork Mince Chow Mein					Fishcake & Tomato Chutney				
Vegetable Alfredo Pasta					Asparagus Quiche					Vegetable Stir Fry				
DESSERTS					DESSERTS					DESSERTS				
Mango Pudding					Pineapple Upside-down Cake					Apple Crumble				
Baked Rice Custard					Poached Pear					Sticky Date Pudding				
Fruit & Ice Cream					Fruit & Ice Cream					Fruit & Custard				

Please place a tick against your choices for the week & Return via your meal deliverer

DO YOU HAVE ANY DIETARY REQUIREMENTS PLEASE PLACE BELOW
