

## Fresh Summer Menu

### WEEK ONE

NAME: \_\_\_\_\_

Entered into POLIXEN Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

MONDAY					WEDNESDAY				FRIDAY							
	Monday	Tuesday			Wednesday	Thursday				Friday	Saturday	Sunday				
<b>BREAKFAST</b>					<b>BREAKFAST</b>					<b>BREAKFAST</b>						
Muesli					Cornflakes					Sultana Bran						
Pancakes					Breakfast Pie					Bubble & Squeak						
<b>SNACK</b>					<b>SNACK</b>					<b>SNACK</b>						
Meatballs in BBQ Sauce					Caramel Slice					Party Pie & Sausage Roll						
<b>SOUP</b>					<b>SOUP</b>					<b>SOUP</b>						
French Onion Soup					Spring Vegetable Soup					Chicken & Corn Soup						
Bread Roll					Bread Roll					Bread Roll						
<b>LIGHT LUNCH</b>					<b>LIGHT LUNCH</b>					<b>LIGHT LUNCH</b>						
Satay Chicken Roll					Pulled Pork Roll					Ham & Pineapple Pizza						
<b>MEALS</b>	Mini	Main	Mini	Main	<b>MEALS</b>	Mini	Main	Mini	Main	<b>MEALS</b>	Mini	Main	Mini	Main	Mini	Main
Pasta Bolognaise					Beef Casserole					Garlic Prawns						
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						
<b>DESSERTS</b>					<b>DESSERTS</b>					<b>DESSERTS</b>						
Peach & Apple Sponge					Caramel Pudding					Chocolate Pudding						
Jelly & Fruit					Baked Custard					Apple & Rhubarb						
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**

# 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									
Bacon & Eggs					Brteakfast Pie					Pancakes									
SNACK					SNACK					SNACK									
Lamington					Pork Riblets					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 Sandwich					Savoury Mince Roll					Chicken Tenders + BBQ Sauce									
MEALS		Mini	Main	Mini	Main	MEALS		Mini	Main	Mini	Main	MEALS		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									
Forest Fruit Sponge					Apple Tea Sponge					Chocolate Mousse									
Fruit & Ice Cream					Fruit & Custard					Fruit & Ice Cream									

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**DO YOU HAVE ANY DIETATERY REQUIREMENTS PLEASE PLACE BELOW**

## Fresh Summer Menu

### WEEK THREE

NAME: \_\_\_\_\_

Entered into POLIXEN Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

MONDAY					WEDNESDAY				FRIDAY					
	Monday	Tuesday			Wednesday	Thursday				Friday	Saturday	Sunday		
<b>BREAKFAST</b>					<b>BREAKFAST</b>				<b>BREAKFAST</b>					
Sultana Bran					Muesli					Cornflakes				
Bubble & Squeak					Bacon & Eggs					Pancakes				
<b>SNACK</b>					<b>SNACK</b>				<b>SNACK</b>					
Chicken Nuggets					Blueberry Muffin					Pastie				
<b>SOUP</b>					<b>SOUP</b>				<b>SOUP</b>					
Minestrone Soup					Pumpkin Soup					Beef & Vegetable Soup				
Bread Roll					Bread Roll					Bread Roll				
<b>LIGHT LUNCH</b>					<b>LIGHT LUNCH</b>				<b>LIGHT LUNCH</b>					
Chicken & Gravy Roll					Beef & Relish Sandwich					Loaded Wedges				
<b>MEALS</b>					<b>MEALS</b>				<b>MEALS</b>					
	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					Sausage & Gravy				
Honey Soy Chicken					Pepper Pork					Curried Prawns				
Vegetable Stir Fry					Thai Green Curry Vegetable					Roast Vegetables Frittata				
<b>DESSERTS</b>					<b>DESSERTS</b>				<b>DESSERTS</b>					
Creamed Rice					Pear & Cinnamon Crumble					Cheesecake				
Trifle					Apple Pie					Caramel Mousse				
Fruit & Custard					Fruit & Ice Cream					Fruit & Custard				

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**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	
<b>BREAKFAST</b>					<b>BREAKFAST</b>					<b>BREAKFAST</b>						
Sultana Bran					Muesli					Cornflakes						
Breakfast Pie					Bubble & Squeak					Bacon & Eggs						
<b>SNACK</b>					<b>SNACK</b>					<b>SNACK</b>						
Banana Bread					Spinach & Ricotta Roll					Chocolate Cake						
<b>SOUP</b>					<b>SOUP</b>					<b>SOUP</b>						
Mexican Soup					Pea & Ham Soup					Bacon Chowder Soup						
Bread Roll					Bread Roll					Bread Roll						
<b>LIGHT LUNCH</b>					<b>LIGHT LUNCH</b>					<b>LIGHT LUNCH</b>						
Beef & Gravy Roll					Satay Chicken Skewer					Ham & Cheese Croissant						
<b>MEALS</b>					<b>MEALS</b>					<b>MEALS</b>						
Roast Lamb & Gravy	Mini	Main	Mini	Main	Beef Stroganoff	Mini	Main	Mini	Main	Lambs Fry & Bacon	Mini	Main	Mini	Main	Mini	Main
Apricot Chicken					Hawaiian Chicken					Meat Pie & Gravy						
Savoury Mince					Pork Mince Chow Mein					Fishcake & Tomato Chutney						
Vegetable Alfredo Pasta					Asparagus Quiche					Satay Vegetables						
<b>DESSERTS</b>					<b>DESSERTS</b>					<b>DESSERTS</b>						
Mango Pudding					Pineapple Upside-Down Cake					Apple Crumble						
Baked Rice Custard					Crème Caramel					Sticky Date Pudding						
Fruit & Ice Cream					Fruit & Custard					Fruit & Ice Cream						

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