

# FRESH WINTER MENU

## WEEK ONE

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

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

MONDAY					WEDNESDAY					FRIDAY							
		Monday	Tuesday				Wednesday	Thursday				Friday	Saturday		Sunday		
BREAKFAST					BREAKFAST					BREAKFAST							
Porridge					Cornflakes					Coco Pops							
Waffle					Breakfast Pie					Bacon & Eggs							
SNACK					SNACK					SNACK							
Choc Chip Muffin					Chicken Nuggets					Caramel Slice							
SOUP					SOUP					SOUP							
Tomato Soup					Cauliflower Soup					Beef & Vegetable Soup							
Bread Roll					Bread Roll					Bread Roll							
LIGHT LUNCH					LIGHT LUNCH					LIGHT LUNCH							
Beef & Relish Sandwich					Savoury Mince Roll					Chicken Burger							
MEALS		Mini	Main	Mini	Main	MEALS		Mini	Main	Mini	Main	MEALS		Mini	Main	Mini	Main
Braised Beef in Dianne Sauce						Creamy Mustard Pork Casserole						Roast Chicken & Sage Gravy					
Chicken Schnitzel & Gravy						Steak & Kidney						Sweet Lamb Curry					
Steamed Fish in Garlic Sauce						Butter Chicken						Sausage & Gravy					
Spinach & Ricotta Ravioli						Vegetable Potato Pie						Vegetable Alfredo Pasta					
DESSERTS					DESSERTS					DESSERTS							
Apple & Rhubarb					Sticky Date Pudding					Golden Syrup Pudding							
Strawberry Swirl Cheesecake					Baked Custard					Pear & Cinnamon Crumble							
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**

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# FRESH WINTER MENU

## WEEK TWO

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

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

MONDAY					WEDNESDAY					FRIDAY				
	Monday	Tuesday				Wednesday	Thursday				Friday	Saturday	Sunday	
<b>BREAKFAST</b>					<b>BREAKFAST</b>					<b>BREAKFAST</b>				
Cornflakes					Coco Pops					Porridge				
Pancakes					Breakfast Pie					Bacon & Eggs				
<b>SNACK</b>					<b>SNACK</b>					<b>SNACK</b>				
Sausage Roll					Custard Tart					Blueberry Muffin				
<b>SOUP</b>					<b>SOUP</b>					<b>SOUP</b>				
Potato & Leek Soup					Minestrone Soup					Pumpkin Soup				
Bread Roll					Bread Roll					Bread Roll				
<b>LIGHT LUNCH</b>					<b>LIGHT LUNCH</b>					<b>LIGHT LUNCH</b>				
Chicken & Gravy Roll					Ham & Cheese Sandwich					Chicken & Bacon Pizza				
<b>MEALS</b>					<b>MEALS</b>					<b>MEALS</b>				
	Mini	Main	Mini	Main		Mini	Main	Mini	Main		Mini	Main	Mini	Main
Cottage Pie					Roast Beef & Gravy					Beef & Bacon Casserole				
Honey Soy Chicken					Pork Sausage & Gravy					Chicken Mornay				
Lamb Casserole					Curry Chicken					Crumbed Fish				
Zucchini Slice					Bean Casserole					Chickpea Stir-fry				
<b>DESSERTS</b>					<b>DESSERTS</b>					<b>DESSERTS</b>				
Apple Pie					Peach Crumble					Impossible Pie				
Baked Rice Custard					Black Forrest Pudding					Chocolate Pudding				
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 DIETATERY REQUIREMENTS PLEASE PLACE BELOW**

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# FRESH WINTER 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>						
Cornflakes					Coco Pops					Porridge						
Pancakes					Waffle					Breakfast Pie						
<b>SNACK</b>					<b>SNACK</b>					<b>SNACK</b>						
Fruit Slice					Apple & Cinnamon Muffin					Quiche Lorraine						
<b>SOUP</b>					<b>SOUP</b>					<b>SOUP</b>						
Chicken & Corn Soup					Mushroom Soup					Bacon Chowder Soup						
Bread Roll					Bread Roll					Bread Roll						
<b>LIGHT LUNCH</b>					<b>LIGHT LUNCH</b>					<b>LIGHT LUNCH</b>						
Corned Beef & Relish Sandwich					BBQ Chicken Skewers with Rice					Cheeseburger						
<b>MEALS</b>					<b>MEALS</b>					<b>MEALS</b>						
	Mini	Main	Mini	Main		Mini	Main	Mini	Main		Mini	Main	Mini	Main	Mini	Main
Roast Lamb & Minted Gravy					Mongolian Lamb					Corned Beef & White Sauce						
Honey Mustard Chicken					Apricot Chicken					Curried Sausages						
Beef Casserole					Salmon Mornay					Pork & Apple Casserole						
Vegetable Bake					Pumpkin & Ricotta Lasagne					Mushroom Mornay Crepe						
<b>DESSERTS</b>					<b>DESSERTS</b>					<b>DESSERTS</b>						
Peach & Apple Sponge					Caramel Pudding					Cherry Crumble						
Creamed Rice					Stewed Fruits					Pavlova						
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**

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# FRESH WINTER 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>				
Coco Pops					Porridge					Cornflakes				
Bacon & Eggs					Pancakes					Waffle				
<b>SNACK</b>					<b>SNACK</b>					<b>SNACK</b>				
Lamington					Peppermint Slice					Orange Poppy seed Muffin				
<b>SOUP</b>					<b>SOUP</b>					<b>SOUP</b>				
Crème of Chicken Soup					Carrot Soup					Chicken & Vegetable Soup				
Bread Roll					Bread Roll					Bread Roll				
<b>LIGHT LUNCH</b>					<b>LIGHT LUNCH</b>					<b>LIGHT LUNCH</b>				
Beef & Gravy Roll					Chicken & Mayo Sandwich					Turkey & Cranberry Sandwich				
<b>MEALS</b>					<b>MEALS</b>					<b>MEALS</b>				
	Mini	Main	Mini	Main		Mini	Main	Mini	Main		Mini	Main	Mini	Main
Meat Pie & Gravy					Roast Pork & Gravy					Meatloaf & Gravy				
Lamb Pattie & Gravy					Savoury Mince					Satay Chicken				
Sweet & Sour Chicken					Curried Prawns					Tuna Bake				
Pumpkin & Fetta Quiche					Lentil Pattie & Satay Sauce					Vegetable Quiche				
<b>DESSERTS</b>					<b>DESSERTS</b>					<b>DESSERTS</b>				
Chocolate Mousse					Bread & Butter Pudding					Lemon pudding				
Trifle					Apple Blueberry Danish					Apple Crumble				
Fruit & Custard					Fruit & Custard					Fruit & Custard				

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