STAFF USE	
Date entered into Polixe	n:

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WEEK ONE

Please enter quantity next to your choices you would like delivered, and return via your branch volunteers

MONDAY DELIVERY: Meals for Monday & Tuesday								
BREAKFAST	QTY	MEALS- MAIN 360g		QTY	DESSERTS		QTY	
Rice Bubbles \$3		Italian Meatballs	\$5.50		Peach & Apple Sponge	\$2		
Pancakes \$4		Mango Chicken	\$5.50		Flummery	\$2		
SNACK	QTY	Roast Pork	\$5.50		Custard & Fruit	\$2		
Sausage Roll \$3		Vegetable Casserole	\$5.50					
SOUP	QTY	MEALS- MINI 220g	m	QTY				
French Onion Soup \$1.5	0	Italian Meatballs	\$4					
Bread Roll 800		Mango Chicken	\$4					
LIGHT LUNCH	QTY	Roast Pork	\$4					
Chicken & Pumpkin \$4		Vegetable Casserole	\$4					
Salad	DNICOA	V DELIVEDY: Macle for M	/ o al so o al s	0 Th				
BREAKFAST	QTY	Y DELIVERY: Meals for W MEALS- MAIN 360		QTY	DESSERTS		QTY	
Cornflakes \$3	Qii	Beef Casserole	\$5.50	Q. I	Caramel Pudding	\$2	Q.I.	
Raisin Toast \$4		Pork Ragu with Pasta	\$5.50		Baked Custard	\$2		
SNACK	QTY	Sweet & Sour Chicken	\$5.50		Ice Cream & Fruit	\$2		
Caramel Slice \$3	٠	Spinach & Ricotta	\$5.50		ice cream a rrait	Ψ_		
caramer since (ys		Crepe	γ3.30					
SOUP	QTY	MEALS- MINI 220g	m					
Chicken & Vegetable \$1.5 Soup	0	Beef Casserole	\$4					
Bread Roll 800		Pork Ragu with Pasta	\$4					
LIGHT LUNCH	QTY	Sweet & Sour Chicken	\$4					
Pulled Pork Roll \$4		Spinach & Ricotta	\$4					
	ND AV DE	Crepe	Calada	0.6				
BREAKFAST	QTY	ELIVERY: Meals for Friday MEALS- MAIN 360		QTY	-		QTY	
Weet-Bix \$3	QII	Garlic Prawns	\$5.50	QII	Chocolate Pudding	\$2	Q.	
Baked Beans \$4		Chicken Schnitzel &	\$5.50		Lemon Cream Pie	\$2		
Daked Dealis 94		Gravy	75.50		Lemon cream ric	72		
SNACK	QTY	Beef Stir Fry	\$5.50		Custard & Fruit	\$2		
Coconut Slice \$3		Vegetable Quiche	\$5.50					
SOUP	QTY	MEALS- MINI 220g	m	QTY				
Asparagus Soup \$1.5	0	Garlic Prawns	\$4					
Bread Roll 800		Chicken Schnitzel & Gravy	\$4					
LIGHT LUNCH	QTY	Beef Stir Fry	\$4					
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WEEK TWO

Please enter quantity next to your choices you would like delivered, and return via your branch volunteers

	N	<mark>10NDA</mark>	Y DELIVERY: Meals for M	1onday 8	& Tueso	lay		
BREAKFAST		QTY	MEALS- MAIN 360g		QTY			QTY
Cornflakes	\$3		Chicken Sausage	\$5.50		Apple & Blueberry Crumble	\$2	
Bacon & Eggs	\$4		Sweet & Sour Pork	\$5.50		Impossible Pie	\$2	
SNACK		QTY	Lamb Casserole	\$5.50		Custard & Fruit	\$2	
Lamington	\$3		Zucchini Slice	\$5.50			I	
SOUP		QTY	MEALS- MINI 220g	m	QTY			
Tomato Soup	\$1.50		Chicken Sausage	\$4				
Bread Roll	80c		Sweet & Sour Pork	\$4				
LIGHT LUNCH		QTY	Lamb Casserole	\$4				
Ham & Cheese Sandwich	\$4		Zucchini Slice	\$4				
	WEDI		Y DELIVERY: Meals for W	ednesda	ay & Th			
BREAKFAST		QTY	MEALS- MAIN 360g	1	QTY	DESSERTS	T	QTY
Weet-Bix	\$3		Roast Beef	\$5.50		Mango Frozen Yoghurt	\$2	
Raisin Toast	\$4		Teriyaki Chicken	\$5.50		Apple Tea Sponge	\$2	
SNACK		QTY	Fish in Lemon Sauce	\$5.50		Custard & Fruit	\$2	
Pork Riblets	\$3		Bean Casserole	\$5.50				
SOUP		QTY	MEALS- MINI 220g	m				
Chicken & Corn Soup	\$1.50		Roast Beef	\$4				
Bread Roll	80c		Teriyaki Chicken	\$4				
LIGHT LUNCH		QTY	Fish in Lemon Sauce	\$4				
Greek Salad with Chicken	\$4		Bean Casserole	\$4				
CHICKEH	FRIC	DAY DE	LIVERY: Meals for Friday	. Saturd	av & Su	ındav		
BREAKFAST		QTY	MEALS- MAIN 360g		QTY	DESSERTS		QTY
Rice Bubbles	\$3		Rissole & Gravy	\$5.50		Pavlova	\$2	
Pancakes	\$4		Shepherd's Pie	\$5.50		Hazelnut Mousse	\$2	
SNACK		QTY	Crumbed Fish	\$5.50		Ice Cream & Fruit	\$2	
Custard Tart	\$3		Macaroni Cheese	\$5.50				
SOUP		QTY	MEALS- MINI 220g	m	QTY			
Potato & Leek Soup	\$1.50		Rissole & Gravy	\$4				
Bread Roll	80c		Shepherd's Pie	\$4				
LIGHT LUNCH		QTY	Crumbed Fish	\$4				
BBQ Chicken Wing & Fried Rice	\$4		Macaroni Cheese	\$4				

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WEEK THREE

Please enter quantity next to your choices you would like delivered, and return via your branch volunteers

BREAKFAST QTY MEALS-MAIN 360gm QTY DESSERTS QT		N	10NDA	Y DELIVERY: Meals for M	londay 8	& Tuesd	lav		
Baked Beans \$4 Braised Steak \$5.50 Trifle \$2 SNACK QTY Honey Garlic Chicken \$5.50 Ice Cream & Fruit \$2 Chicken Nuggets \$3 Vegetable Stir Fry \$5.50 SOUP QTY MEALS-MINI 220gm QTY Minestrone Soup \$1.50 Mongolian Lamb \$4 Bread Roll 80c Braised Steak \$4 LIGHT LUNCH QTY Honey Garlic Chicken \$4 Corned Beef & Mustard Pickle Sandwich WEDNESDAY DELIVERY: Meals for Wednesday & Thursday WEDNESDAY DELIVERY: Meals for Wednesday & Thursday BREAKFAST QTY MEALS-MAIN 360gm QTY DESSERTS QT Rice Bubbles \$3 Sweet & Sour \$5.50 Pear & Cinnamon \$2 Crumble Bacon & Eggs \$4 Chicken & Asparagus \$5.50 Apple Pie \$2 Blueberry Muffin \$3 Roast Veg Frittata \$5.50 SOUP QTY MEALS-MINI 220gm Pumpkin Soup \$1.50 Sweet & Sour \$4 Meatballs Bread Roll 80c Chicken & Asparagus \$4 Bread Roll 80c Chicken & Asparagus \$4 Salmon Pattie Burger \$4 Roast Veg Frittata \$4 FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday	BREAKFAST								QTY
SNACK QTY Honey Garlic Chicken \$5.50 lce Cream & Fruit \$2 Chicken Nuggets \$3 Vegetable Stir Fry \$5.50 SOUP QTY MEALS- MINI 220gm QTY Minestrone Soup \$1.50 Mongolian Lamb \$4 Bread Roll 80c Braised Steak \$4 LIGHT LUNCH QTY Honey Garlic Chicken \$4 Corned Beef & Mustard Pickle Sandwich Pickle Sandwich Pickle Sandwich Pickle Sandwich Again Soup BREAKFAST QTY MEALS- MAIN 360gm QTY DESSERTS QT Rice Bubbles \$3 Sweet & Sour Meatballs Meatb	Weet-Bix	\$3		Mongolian Lamb	\$5.50		Creamed Rice	\$2	
Chicken Nuggets \$3	Baked Beans	\$4		Braised Steak	\$5.50		Trifle	\$2	
SOUP QTY MEALS-MINI 220gm QTY	SNACK		QTY	Honey Garlic Chicken	\$5.50		Ice Cream & Fruit	\$2	
Minestrone Soup \$1.50 Mongolian Lamb \$4 Bread Roll 80c Braised Steak \$4 LIGHT LUNCH QTY Honey Garlic Chicken \$4 Corned Beef & Mustard \$4 Pickle Sandwich WEDNESDAY DELIVERY: Meals for Wednesday & Thursday BREAKFAST QTY MEALS- MAIN 360gm QTY DESSERTS QT Rice Bubbles \$3 Sweet & Sour Meatballs Crumble Bacon & Eggs \$4 Chicken & Asparagus S5.50 Apple Pie \$2 Blueberry Muffin \$3 Roast Veg Frittata \$5.50 SOUP QTY MEALS- MINI 220gm Pumpkin Soup \$1.50 Sweet & Sour Meatballs Bread Roll 80c Chicken & Asparagus \$4 Bake Bread Roll 80c Bread Roll 80	Chicken Nuggets	\$3		Vegetable Stir Fry	\$5.50			I	I
Bread Roll 80c Braised Steak \$4 LIGHT LUNCH QTY Honey Garlic Chicken \$4 Corned Beef & Mustard Pickle Sandwich MEDNESDAY DELIVERY: Meals for Wednesday & Thursday MEALS- MAIN 360gm QTY DESSERTS QT Rice Bubbles \$3 Sweet & Sour Meatballs Crumble Bacon & Eggs \$4 Chicken & Asparagus Bake SNACK QTY Pepper Pork \$5.50 Custard & Fruit \$2 Blueberry Muffin \$3 Roast Veg Frittata \$5.50 SOUP QTY MEALS- MINI 220gm Pumpkin Soup \$1.50 Sweet & Sour Meatballs Bread Roll 80c Chicken & Asparagus \$4 Bake LIGHT LUNCH QTY Pepper Pork \$4 Salmon Pattie Burger \$4 Roast Veg Frittata \$4 FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday	SOUP		QTY	MEALS- MINI 220g	m	QTY			
LIGHT LUNCHQTYHoney Garlic Chicken\$4Corned Beef & Mustard Pickle Sandwich\$4Vegetable Stir Fry\$4WEDNESDAY DELIVERY: Meals for Wednesday & ThursdayBREAKFASTQTYMEALS- MAIN 360gmQTYDESSERTSQTRice Bubbles\$3Sweet & Sour Meatballs\$5.50Pear & Cinnamon\$2Bacon & Eggs\$4Chicken & Asparagus Bake\$5.50Apple Pie\$2SNACKQTYPepper Pork\$5.50Custard & Fruit\$2Blueberry Muffin\$3Roast Veg Frittata\$5.50SOUPQTYMEALS- MINI 220gmPumpkin Soup\$1.50Sweet & Sour MeatballsBread Roll80cChicken & Asparagus SakeLIGHT LUNCHQTYPepper Pork\$4Salmon Pattie Burger\$4Roast Veg Frittata\$4FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday	Minestrone Soup	\$1.50		Mongolian Lamb	\$4				
Corned Beef & Mustard Pickle Sandwich S4 Vegetable Stir Fry \$4 WEDNESDAY DELIVERY: Meals for Wednesday & Thursday	Bread Roll	80c		Braised Steak	\$4				
BREAKFAST QTY MEALS- MAIN 360gm QTY DESSERTS QT	LIGHT LUNCH		QTY	Honey Garlic Chicken	\$4				
BREAKFAST QTY MEALS- MAIN 360gm QTY DESSERTS QT		\$4		Vegetable Stir Fry	\$4				
BREAKFASTQTYMEALS- MAIN 360gmQTYDESSERTSQTRice Bubbles\$3Sweet & Sour Meatballs\$5.50Pear & Cinnamon Crumble\$2Bacon & Eggs\$4Chicken & Asparagus Bake\$5.50Apple Pie\$2SNACKQTYPepper Pork\$5.50Custard & Fruit\$2Blueberry Muffin\$3Roast Veg Frittata\$5.50SOUPQTYMEALS- MINI 220gmPumpkin Soup\$1.50Sweet & Sour MeatballsBread Roll80cChicken & Asparagus BakeLIGHT LUNCHQTYPepper Pork\$4Salmon Pattie Burger\$4Roast Veg Frittata\$4FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday	Pickle Sandwich	WEDI	VICOA	V DELIVERY. Magic for M	lo al model	0 Th	, waday		
Rice Bubbles \$3 Sweet & Sour Meatballs S.50 Pear & Cinnamon \$2 Crumble Sacon & Eggs \$4 Chicken & Asparagus S.50 Apple Pie \$2 Blueberry Muffin \$3 Roast Veg Frittata \$5.50 SOUP QTY MEALS- MINI 220gm Pumpkin Soup \$1.50 Sweet & Sour Meatballs Series Bake Series Salmon Pattie Burger \$4 Roast Veg Frittata \$4	BREAKFAST	WEDI					•		QTY
Bacon & Eggs \$4 Chicken & Asparagus \$5.50 Apple Pie \$2 SNACK QTY Pepper Pork \$5.50 Custard & Fruit \$2 Blueberry Muffin \$3 Roast Veg Frittata \$5.50 SOUP QTY MEALS- MINI 220gm Pumpkin Soup \$1.50 Sweet & Sour \$4 Meatballs Bread Roll 80c Chicken & Asparagus \$4 Bread Roll 80c Chicken & Asparagus \$4 Salmon Pattie Burger \$4 Roast Veg Frittata \$4 FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday		\$3			- I			\$2	
SNACK QTY Pepper Pork \$5.50 Custard & Fruit \$2 Blueberry Muffin \$3 Roast Veg Frittata \$5.50 SOUP QTY MEALS- MINI 220gm Pumpkin Soup \$1.50 Sweet & Sour Meatballs Meatballs Bread Roll 80c Chicken & Asparagus \$4 Bake LIGHT LUNCH QTY Pepper Pork \$4 Salmon Pattie Burger \$4 Roast Veg Frittata \$4 FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday					'		Crumble		
SNACK QTY Pepper Pork \$5.50 Custard & Fruit \$2 Blueberry Muffin \$3 Roast Veg Frittata \$5.50 SOUP QTY MEALS- MINI 220gm Pumpkin Soup \$1.50 Sweet & Sour \$4 Meatballs Bread Roll 80c Chicken & Asparagus \$4 Bake LIGHT LUNCH QTY Pepper Pork \$4 Salmon Pattie Burger \$4 Roast Veg Frittata \$4 FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday	Bacon & Eggs	\$4		•	\$5.50		Apple Pie	\$2	
Blueberry Muffin \$3 Roast Veg Frittata \$5.50 SOUP QTY MEALS- MINI 220gm Pumpkin Soup \$1.50 Sweet & Sour Meatballs Bread Roll 80c Chicken & Asparagus \$4 Bake LIGHT LUNCH QTY Pepper Pork \$4 Salmon Pattie Burger \$4 Roast Veg Frittata \$4 FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday	SNACK		ОТУ		\$5.50		Custard & Fruit	\$2	
SOUP QTY MEALS- MINI 220gm Pumpkin Soup \$1.50 Sweet & Sour \$4 Meatballs Bread Roll 80c Chicken & Asparagus \$4 Bake LIGHT LUNCH QTY Pepper Pork \$4 Salmon Pattie Burger \$4 Roast Veg Frittata \$4 FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday		\$3	۷.,					Ψ=	
Pumpkin Soup \$1.50 Sweet & Sour \$4 Meatballs Bread Roll 80c Chicken & Asparagus \$4 Bake LIGHT LUNCH QTY Pepper Pork \$4 Salmon Pattie Burger \$4 Roast Veg Frittata \$4 FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday	•	7-	QTY						
Bread Roll 80c Chicken & Asparagus \$4 Bake LIGHT LUNCH QTY Pepper Pork \$4 Salmon Pattie Burger \$4 Roast Veg Frittata \$4 FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday	Pumpkin Soup	\$1.50							
LIGHT LUNCH QTY Pepper Pork \$4 Salmon Pattie Burger \$4 Roast Veg Frittata \$4 FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday	' '	•		Meatballs	,				
LIGHT LUNCH QTY Pepper Pork \$4 Salmon Pattie Burger \$4 Roast Veg Frittata \$4 FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday	Bread Roll	80c		•	\$4				
Salmon Pattie Burger \$4 Roast Veg Frittata \$4 FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday	LIGHT LUNCH		OTY		\$4				
FRIDAY DELIVERY: Meals for Friday, Saturday & Sunday		\$4	ζ		-				
I' I I	Samon raccie Barger		DAY DE			av & Su	ndav		
	BREAKFAST					•			QTY
Cornflakes \$3 Roast Chicken \$5.50 Cheesecake \$2	Cornflakes	\$3		Roast Chicken	\$5.50		Cheesecake	\$2	
Raisin Toast \$4 Sausage & Gravy \$5.50 Caramel Mousse \$2	Raisin Toast	\$4		Sausage & Gravy	\$5.50		Caramel Mousse	\$2	
SNACK QTY Curry Prawns \$5.50 Custard & Fruit \$2	SNACK		QTY	Curry Prawns	\$5.50		Custard & Fruit	\$2	
Pastie \$3 Vegetable Singapore \$5.50	Pastie	\$3		Vegetable Singapore	\$5.50			<u>I</u>	
Noodles Noodles	COUD		071			071			
SOUP QTY MEALS- MINI 220gm QTY Beef & Vegetable Soup \$1.50 Roast Chicken \$4		¢1 E0	QIY			QIY			
Bread Roll 80c Sausage & Gravy \$4		•			-				
LIGHT LUNCH QTY Curry Prawns \$4		OUL	OTV		-				
Beef & Relish Sandwich \$4 Vegetable Singapore \$4		\$4	Q11	<u> </u>	-				
Noodles	Deer & Nelisii Sanawicii	74		• • • • • • • • • • • • • • • • • • • •	74				

Please let us know if you have any dietary requirements:

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WEEK FOUR

Please enter quantity next to your choices you would like delivered, and return via your branch volunteers

	N		Y DELIVERY: Meals for N			•		
BREAKFAST		QTY	MEALS- MAIN 360g	gm	QTY	DESSERTS		QTY
Rice Bubbles	\$3		Roast Lamb	\$5.50		Mango Pudding	\$2	
Pancakes	\$4		Apricot Chicken	\$5.50		Baked Rice Custard	\$2	
SNACK		QTY	Savoury Mince	\$5.50		Custard & Fruit	\$2	
Banana Bread	\$3		Creamy Pumpkin Pasta	\$5.50				
SOUP		QTY	MEALS- MINI 220g	m	QTY			
Tomato & Vegetable Soup	\$1.50		Roast Lamb	\$4				
Bread Roll	80c		Apricot Chicken	\$4				
LIGHT LUNCH		QTY	Savoury Mince	\$4				
Fried Rice	\$4		Creamy Pumpkin	\$4				
	WEDI	VICOA	Pasta	/o.d.o.o.d.	O Th	······································		
BREAKFAST	WEDI	QTY	Y DELIVERY: Meals for W MEALS- MAIN 360g		QTY	DESSERTS		QTY
Cornflakes	\$3	۷.,	Pasta Bolognese Bake	\$5.50	ζ	Pineapple Upside –	\$2	۷
Communes	,		T dota Bolognese Bake	φ3.30		Down Cake	Ψ_	
Raisin Toast	\$4		Hawaiian Chicken	\$5.50		Crème Caramel	\$2	
SNACK		QTY	Curried Fish	\$5.50		Ice Cream & Fruit	\$2	
Spinach & Ricotta Roll \$3			Asparagus Quiche	\$5.50				
SOUP		QTY	MEALS- MINI 220gm					
Pea & Ham Soup	\$1.50		Pasta Bolognese Bake	\$4				
Bread Roll	80c		Hawaiian Chicken	\$4				
LIGHT LUNCH		QTY	Curried Fish	\$4				
Ham & Cheese Croissant	\$4		Asparagus Quiche	\$4				
			LIVERY: Meals for Friday			•		ı
BREAKFAST		QTY	MEALS- MAIN 360g	1	QTY	DESSERTS		QTY
Weet-Bix	\$3		Lambs Fry & Bacon	\$5.50		Apple Crumble	\$2	
Bacon & Eggs	\$4		Meat Pie & Gravy	\$5.50		Sticky Date Pudding	\$2	
SNACK		QTY	Fishcake	\$5.50		Custard & Fruit	\$2	
Chocolate Cake	\$3		Satay Vegetables	\$5.50				
SOUP QTY MEALS- MINI 220gn			QTY					
Bacon Chowder Soup	\$1.50		Lambs Fry & Bacon	\$4				
Bread Roll	80c		Meat Pie & Gravy	\$4				
LIGHT LUNCH		QTY	Fishcake	\$4				
Honey Soy Chicken Skewers	\$4		Satay Vegetables	\$4				

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