

SUMMER MENU - COWRA MEALS ON WHEELS				Week 1
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Braised Lamb Chops	Beef Spaghetti Bolognese	Roast Lamb & Gravy	Sausages with Onion Gravy	Crumbed Fish with Lemon
	Cold Meat Salad		Cold Meat Salad	
Meatballs with Gravy	Silverside with White Sauce	Alternate Roast Meat	Fish Cake with Lemon	Quiche Lorraine / Vegetable
Vegetables served with all Meals				
Flavoured Cheesecake	Jellied Fruit with Whipped Cream	Panna Cotta with Fruit	Apple Strudel & Custard	Bread & Butter Pudding with Fruit

SUMMER MENU - COWRA MEALS ON WHEELS				Week 2
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rissoles with Gravy	Shepard's Pie	Roast Beef with Gravy	Sausages / Koftas with Gravy	Fish Cocktails with Lemon
	Cold Meat Salad		Cold Meat Salad	
Braised Steak	Tuna & Tomato Potato Pie	Alternate Roast Meat	Chicken Schnitzel with Gravy	Chicken & Asparagus with Mornay
Vegetables served with all Meals				
Creamy Rice with Fruit Compote	Rhubarb / Apple Crumble & Custard	Baked Custard with Fruit	Fruit Salad & Whipped Cream	Banana Custard

Name:	Date:
	Dessert:
Juice:	O
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	Mixed

SUMMER MENU - COWRA MEALS ON WHEELS				Week 3
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Steak Dianne Casserole	Sweet Curried Beef	Roast Chicken with Gravy	Rissoles with Gravy	Curried Prawns with Rice
	Cold Meat Salad		Cold Meat Salad	
Sausages with Gravy	Battered Fish with Lemon	Alternate Roast Meat	Grilled Chicken Breast & Gravy	Beef Lasagne
Vegetables served with all Meals				
Custard & Blueberry Tart with Whipped Cream	Apple Pie with Custard	Jelly, Fruit with Whipped Cream	Bread & Butter Custard with Fruit	Trifle

SUMMER MENU - COWRA MEALS ON WHEELS				Week 4
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Braised Steak & Onions	Curried Sausages with Rice	Roast Pork with Gravy	Honey Soy Chicken with Fried Rice	Salmon Mornay
	Cold Meat Salad		Cold Meat Salad	
Beef Pattie with Gravy	Salmon Pattie with Lemon	Alternate Roast Meat	Savoury Mince	Silverside with White Sauce
Vegetables served with all Meals				
Baked Rice & Sultana Custard with Fruit	Pavlova	Self-Saucing Pudding & Custard	Coconut Rice Pudding with Pineapple / Passionfruit	Mousse & Fruit

Name:	Date:
	Dessert:
Juice:	O
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