

Date:	Dessert:	Juice: O A Mixed
Name:		

<b>SUMMER MENU - COWRA MEALS ON WHEELS - 2022</b>				<b>Week 1</b>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Tuna Mornay Bake	Spaghetti Bolognaise	Roast Lamb	Grilled Sausages With Onion Gravy	Battered Fish with Lemon & Tartare
Cold Meat Salad	Cold Meat Salad		Cold Meat Salad	
Lamb Korma	Chicken Schnitzel With Gravy	Braised Steak Dianne	Sweet & Sour Chicken	Chicken Cottage Pie Sweet Potato Top
<b>Vegetables served with all Meals</b>				
Jelly, Fruit & Mousse	Passion Fruit Slice With Cream	Tropical Fruit Salad With Cream	Banana Custard	Steamed Jam Pudding With Custard
<b>SUMMER MENU - COWRA MEALS ON WHEELS - 2022</b>				<b>Week 2</b>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Silverside whit White Sauce	Braised Lamb Chops	Roast Beef with Garlic & Relish	Rissoles with Gravy	Baked Fish with Lemon Pepper Butter Sauce
Cold Meat Salad	Cold Meat Salad		Cold Meat Salad	
Lemon and Honey Chicken Stir fry	Spinach & Ricotta Cannelloni	Lambs Fry with Bacon	Honey Mustard Chicken	Thai Beef Noodles
<b>Vegetables served with all Meals</b>				
Fruit Crumble with Custard	Pavlova	Cheesecake	Self Saucing Pudding With Cream	Pannacotta with Berries

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<b>SUMMER MENU - COWRA MEALS ON WHEELS - 2022</b>				<b>Week 3</b>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Meatloaf with Gravy	Beef Schnitzel with Gravy	Roast Chicken With Gravy	Curried Sausages	Battered Fish Cocktail With Lemon & Tartare
Cold Meat Salad	Cold Meat Salad		Cold Meat Salad	
Smoked Cod with Mustard, Onion & Tarragon Sauce	Beef & Chick Pea Korma	Savoury Filled Crepe	Chicken Honey Soy Stir Fry	Beef Ragu with Penne
<b>Vegetables served with all Meals</b>				
Jelly Fruit & Cream	Bread & Butter Pudding With Fruit	Mini Pavlova with Cream & Berries	Mousse & Fruit	Tropical Fruit Salad With Cream
<b>SUMMER MENU - COWRA MEALS ON WHEELS - 2022</b>				<b>Week 4</b>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Rissoles with Onion Gravy	Silverside With Mustard White Sauce	Roast Pork with Gravy	Homemade Quiche	Curried Prawns with Rice
Cold Meat Salad	Cold Meat Salad		Cold Meat Salad	
Salmon Patties with Lemon & Tartare	Butter Chicken with Rice	Chicken Kiev with Creamy Mushroom Sauce	Beef Lasagne	Sweet & Sour Beef
<b>Vegetables served with all Meals</b>				
Apple Crumble with Whipped Cream	Custard Tart with Fruit	Fruit Salad with Cream	Creamed Rice with Fruit	Stewed Fruit & Custard