

# Meals at Home Menu - week 1

|   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|---|---|---|---|---|---|---|---|
| <b>MAIN COURSE OPTION 1</b>                 | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  |
| <b>MAIN COURSE OPTION 2</b>                 | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian Selection (V)  |
| <b>DESSERT OPTION 1</b>                     | Cake  | Cake  | Cake  | Cake  | Cake  | Cake  | Cake  |
| <b>DESSERT OPTION 2</b>                     | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   |
| <b>Order</b><br>Please make your selections | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad |

Allergens – Please tell us of any allergies or intolerances you have .....

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Address: .....

# Meals at Home Menu - week 2

|   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|---|---|---|---|---|---|---|---|
| <b>MAIN COURSE OPTION 1</b>                 | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  |
| <b>MAIN COURSE OPTION 2</b>                 | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian Selection (V)  |
| <b>DESSERT OPTION 1</b>                     | Cake  | Cake  | Cake  | Cake  | Cake  | Cake  | Cake  |
| <b>DESSERT OPTION 2</b>                     | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   |
| <b>Order</b><br>Please make your selections | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad |

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# Meals at Home Menu - week 3

|   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|---|---|---|---|---|---|---|---|
| <b>MAIN COURSE OPTION 1</b>                 | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  |
| <b>MAIN COURSE OPTION 2</b>                 | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian Selection (V)  |
| <b>DESSERT OPTION 1</b>                     | Cake  | Cake  | Cake  | Cake  | Cake  | Cake  | Cake  |
| <b>DESSERT OPTION 2</b>                     | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   |
| <b>Order</b><br>Please make your selections | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad |

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# Meals at Home Menu - week 4

|   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|---|---|---|---|---|---|---|---|
| <b>MAIN COURSE OPTION 1</b>                 | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  | Sandwiches<br>Meat selection  |
| <b>MAIN COURSE OPTION 2</b>                 | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian selection (V)  | Sandwiches<br>Vegetarian Selection (V)  |
| <b>DESSERT OPTION 1</b>                     | Cake  | Cake  | Cake  | Cake  | Cake  | Cake  | Cake  |
| <b>DESSERT OPTION 2</b>                     | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   | Fruit salad   |
| <b>Order</b><br>Please make your selections | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad | <b>MAIN COURSE (choose one)</b><br><input type="checkbox"/> Meat selection<br><input type="checkbox"/> Vegetarian selection (V)<br><br><b>DESSERT (choose one)</b><br><input type="checkbox"/> Cake<br><input type="checkbox"/> Fruit salad |

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