



Delivery Date: _____

Meals on the Go WEEK 3

Meals - \$10.00

- Roast Beef w Vegetables & Gravy(GF)
- Honey Soy Garlic Chicken w/Rice & Beans
- Cottage Pie w/ Pumpkin & Beans
- Chicken Schnitzel with Gravy & Vege
- Country Chicken Casserole w/Vege (GF)
- Rissoles, Gravy & Vegetables (GF)

Name: _____

Telephone: _____

Delivery Address: _____

Desserts - \$4.00

- Apple Crumble
- Apricot Crumble
- Apple & Blueberry Crumble

Instructions: e.g. "Use Back Door"

GF = Gluten Free