

AVALUNCH COMMUNITY SERVICES - Home Meal Delivery - Pre-order form



Meals ordered daily: Please ring **01709 577688** before **10:30 am**.

Week 5 of 8 (M2)

	Hot Meal 1	Hot Meal 2	Salad	Hot Pudding	Cold Pudding	Yoghurt	Sandwich *
Tuesday 06/11/2018	Liver and Sausage	Shepherds Pie	<input type="checkbox"/> Quiche	Plain Sponge and Custard	Orange Cheesecake	Yoghurt	<input type="checkbox"/> Ham
			<input type="checkbox"/> Ham				<input type="checkbox"/> Cheese
			<input type="checkbox"/> Cheese				<input type="checkbox"/> Cheese
			Please Tick Your Choice Above				Please Tick Your Choice Above
Wednesday 07/11/2018	Roast Chicken	Minced Beef and Onion Pie	<input type="checkbox"/> Quiche	Rice Pudding	Orange Cheesecake	Yoghurt	<input type="checkbox"/> Ham
			<input type="checkbox"/> Ham				<input type="checkbox"/> Cheese
			<input type="checkbox"/> Cheese				<input type="checkbox"/> Cheese
			Please Tick Your Choice Above				Please Tick Your Choice Above
Thursday 08/11/2018	Turkey Breast	Minced Beef and Onion Pie	<input type="checkbox"/> Quiche	Jam Sponge and Custard	Jam and Cream Slice	Yoghurt	<input type="checkbox"/> Ham
			<input type="checkbox"/> Ham				<input type="checkbox"/> Cheese
			<input type="checkbox"/> Cheese				<input type="checkbox"/> Cheese
			Please Tick Your Choice Above				Please Tick Your Choice Above

Dinner is served with chips or creamed potatoes and 2 veg (unless otherwise stated when you order).

You can order a salad along with your main meal on Thursday to have as a cold meal on Friday.

* Please note: Sandwiches are only available for delivery when you order a main meal for that day.

NAME:

ADDRESS:

If you have any food allergies or special dietary requirements, please let Avalunch know.	A copy of this menu is available online at: www.avalunch.org.uk
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Week 6 of 8 (M2)

	Hot Meal 1	Hot Meal 2	Salad	Hot Pudding	Cold Pudding	Yoghurt	Sandwich *	
Tuesday 13/11/2018	Fish Pie	Minced Beef and Onion Pie	<input type="checkbox"/> Quiche	Fruit Crumble and Custard	Fruit Flan	Yoghurt	<input type="checkbox"/> Ham	
			<input type="checkbox"/> Ham				<input type="checkbox"/> Cheese	<input type="checkbox"/> Cheese
			<input type="checkbox"/> Cheese				<input type="checkbox"/>	<input type="checkbox"/>
			Please Tick Your Choice Above				Please Tick Your Choice Above	
Wednesday 14/11/2018	Meat and Potato Pie	Chicken Kiev	<input type="checkbox"/> Quiche	Fruit Crumble and Custard	Scone with Jam and Cream	Yoghurt	<input type="checkbox"/> Ham	
			<input type="checkbox"/> Ham				<input type="checkbox"/> Cheese	<input type="checkbox"/> Cheese
			<input type="checkbox"/> Cheese				<input type="checkbox"/>	<input type="checkbox"/>
			Please Tick Your Choice Above				Please Tick Your Choice Above	
Thursday 15/11/2018	Chicken Casserole	Minced Beef and Onion Pie	<input type="checkbox"/> Quiche	Treacle Sponge and Custard	Scone with Jam and Cream	Yoghurt	<input type="checkbox"/> Ham	
			<input type="checkbox"/> Ham				<input type="checkbox"/> Cheese	<input type="checkbox"/> Cheese
			<input type="checkbox"/> Cheese				<input type="checkbox"/>	<input type="checkbox"/>
			Please Tick Your Choice Above				Please Tick Your Choice Above	

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Week 7 of 8 (M2)

	Hot Meal 1	Hot Meal 2	Salad	Hot Pudding	Cold Pudding	Yoghurt	Sandwich *
Tuesday 20/11/2018	Minced Beef in Gravy	Stew and Dumplings	<input type="checkbox"/> Quiche	Chocolate Sponge and Custard	Cheesecake	Yoghurt	<input type="checkbox"/> Ham
			<input type="checkbox"/> Ham				<input type="checkbox"/> Cheese
			<input type="checkbox"/> Cheese				<input type="checkbox"/> Cheese
			Please Tick Your Choice Above				Please Tick Your Choice Above
Wednesday 21/11/2018	Pork Steak	Minced Beef and Onion Pie	<input type="checkbox"/> Quiche	Bakewell Tart and Custard	Trifle	Yoghurt	<input type="checkbox"/> Ham
			<input type="checkbox"/> Ham				<input type="checkbox"/> Cheese
			<input type="checkbox"/> Cheese				<input type="checkbox"/> Cheese
			Please Tick Your Choice Above				Please Tick Your Choice Above
Thursday 22/11/2018	Roast Chicken	Minced Beef and Onion Pie	<input type="checkbox"/> Quiche	Treacle Sponge and Custard	Chocolate Gateau	Yoghurt	<input type="checkbox"/> Ham
			<input type="checkbox"/> Ham				<input type="checkbox"/> Cheese
			<input type="checkbox"/> Cheese				<input type="checkbox"/> Cheese
			Please Tick Your Choice Above				Please Tick Your Choice Above

Dinner is served with chips or creamed potatoes and 2 veg (unless otherwise stated when you order).

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* Please note: Sandwiches are only available for delivery when you order a main meal for that day.

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