



MALTESE MEALS & COMMUNITY SERVICES

4 WEEK MENU – 2011

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Primavera	Chicken and Corn	Chicken Noodle	Lentil	Fish
MAIN (Meals served with 2 Vegetables in Season)	Chicken Casserole OR Spaghetti Bolognese	Beef Schnitzel OR Baked Fish	Beef Stew OR Chicken Patties	Beef Meatballs & Tomato Sauce OR Stuffed Zucchini	Crumbed Fish
DESSERT	Fruit Salad	Fruit Fool	Bread & Butter Pudding	Jelly & Fruit	Lemon Meringue Tart

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Sweet Potato	Potato & Leek	Chicken Broth	Pumpkin	Fish
MAIN (Meals served with 2 Vegetables in Season)	Lamb Stew OR Savoury Mince	Chicken Pie OR Tuna Mornay & Pasta	Baked Rice OR Shepherd's Pie	Roast Lamb OR Beef Sausages	Tuna Patties
DESSERT	Rice Pudding	Stewed Pears & Chocolate Mousse	Cherry Cake	Fruit Salad	Peaches & Custard

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Pasta Fagiolo	Chicken & Corn	Vegetable Risoni	Chick Pea	Fish
MAIN (Meals served with 2 Vegetables in Season)	Crumbed Fish OR Chicken Pie	Roast Pork OR Chicken Stir-fry	Corned Silverside OR Baked Macaroni	Rabbit/Chicken Stew OR Veal Parmagiana	Steamed Fish with Capers
DESSERT	Creamed Rice	Fruit Salad	Zucchini Cake	Jellied Fruit & Custard	Carrot Cake

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Pumpkin & Potato	Potato & Leek	Chicken Noodle	Primavera	Fish
MAIN (Meals served with 2 Vegetables in Season)	Zucchini Slice OR Chicken with Risoni	Meatloaf OR Penne Pasta with Brown Sauce	Ravioli & Tomato Sauce OR Maltese Beef Pie	Ricotta Pie OR Baked Chicken Breast	Fish with egg batter, tomato and onion sauce
DESSERT	Apple Crumble	Fruit Salad	Trifle	Sago & Plum Pudding	Maltese fruit Cake & Custard