Name:

Address:

Fork Mashable Menu - Week 1

Please select a main meal for each day you require a meal in Week 1. You can pick the same option as many times as you like.

	Main Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Cottage Pie							
	Sausage Casserole							
1	Cheese & Onion Pie (V)							
Week	Chicken & Vegetable Casserole							
	Salmon Supreme							
	Beef Hotpot							
	Chicken in Gravy							

Please select a pudding for each day you require a meal in Week 1. You can pick the same option as many times as you like.

	Pudding	Mon Tue Wed Thur Fri Sat Sun
Week 1	Ginger Sponge & Custard	
	Stewed Apple & Custard	
	Orange Sponge, Orange Sauce & Custard	
	Bread & Butter Pudding & Custard	
	Jam Sponge & Custard	
	Rice & Stewed Apple	
	Sticky Toffee Pudding & Caramel Sauce	

Your meals will alternate between your week 1 selections and your week 2 selections.

Name:

Address:

Fork Mashable Menu - Week 2

Please select a main meal for each day you require a meal in Week 2. You can pick the same option as many times as you like.

	Main Meal	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Cottage Pie							
	Sausage Casserole							
2	Cheese & Onion Pie (V)							
Week 2	Chicken & Vegetable Casserole							
	Salmon Supreme							
	Beef Hotpot							
	Chicken in Gravy							

Please select a pudding for each day you require a meal in Week 2. You can pick the same option as many times as you like.

	Pudding	Mon Tue Wed Thur Fri Sat Sun
Week 2	Ginger Sponge & Custard	
	Stewed Apple & Custard	
	Orange Sponge, Orange Sauce & Custard	
	Bread & Butter Pudding & Custard	
	Jam Sponge & Custard	
	Rice & Stewed Apple	
	Sticky Toffee Pudding & Caramel Sauce	

Your meals will alternate between your week 1 selections and your week 2 selections.