



# Weekly Meal Order Winter (4)

**Menu date: Mon July 26<sup>th</sup> – Sun Aug 1<sup>st</sup>**

**Order By: 11am on Mon, Wed & Fri**

To place your order please call or email Get Tossed Salad Bar direct on **02 6047 3029**

Deliveries are made on Mon, Wed & Fri between 4pm-6pm. \* Tues, Thurs, Sat & Sun meals are delivered with the previous day's meals. Eg: Mon/Tues are delivered on Monday. Wed/Thur meals on Wed.

		Tick to order
<b>Mon</b>	Cream of vegetable soup with linguine	
	Roast vegetable lasagne with side salad (GF)	
	Fruit Salad with yoghurt & honey	
<b>Tues</b>	Cream of vegetable soup with linguine	
	Beef Sausage & spicy tomato casserole (GF)	
	Pear & apple compote with marscapone cream & almonds	
<b>Wed</b>	Tomato & Ginger Soup (GF)	
	Chicken & chickpea tagine with cous cous (GF)	
	Sourdough Bread'n'Butter Pudding	
<b>Thu</b>	Tomato & Ginger	
	Corned Beef with parsley sauce, mashed potato, carrots & beans (GF)	
	Sticky Date Pudding with cream	
<b>Fri</b>	Chicken & Corn Chowder (GF)	
	Sweet potato fish cakes with avocado & tomato salsa (GF)	
	Raspberry jam shortbread	
<b>Sat</b>	Chicken & Corn Chowder	
	Reuben's Sandwich (requires sandwich press or grill) GF available	
	Baked rice custard with raisins (GF)	
<b>Sun</b>	Chicken & Corn Chowder	
	Pumpkin & Prosciutto Risotto (GF)	
	Fruit Salad with Yoghurt & Honey (GF)	

Please indicate any dietary considerations. NB: An extra charge of \$2.50 per day will apply to these options

**Gluten Free** \_\_\_ **Dairy Free** \_\_\_ **Vegan** \_\_\_ **Other** \_\_\_\_\_

### Prices:

**3 courses: \$20 per day      2 courses: \$16 per day      1 Course: \$10 per day**

**Delivery: \$3 per day**

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	Beef Sausage & spicy tomato casserole (GF)	
	Pear & apple compote with marscapone cream & almonds	
<b>Wed</b>	Tomato & Ginger Soup (GF)	
	Chicken & chickpea tagine with cous cous (GF)	
	Sourdough Bread'n'Butter Pudding	
<b>Thu</b>	Tomato & Ginger	
	Corned Beef with parsley sauce, mashed potato, carrots & beans (GF)	
	Sticky Date Pudding with cream	
<b>Fri</b>	Chicken & Corn Chowder (GF)	
	Sweet potato fish cakes with avocado & tomato salsa (GF)	
	Raspberry jam shortbread	
<b>Sat</b>	Chicken & Corn Chowder	
	Reuben's Sandwich (requires sandwich press or grill) GF available	
	Baked rice custard with raisins (GF)	
<b>Sun</b>	Chicken & Corn Chowder	
	Pumpkin & Prosciutto Risotto (GF)	
	Fruit Salad with Yoghurt & Honey (GF)	

Please indicate any dietary considerations. NB: An extra charge of \$2.50 per day will apply to these options

**Gluten Free** \_\_\_ **Dairy Free** \_\_\_ **Vegan** \_\_\_ **Other** \_\_\_\_\_

### Prices:

**3 courses: \$20 per day      2 courses: \$16 per day      1 Course: \$10 per day**

**Delivery: \$3 per day**

For all queries and dietary needs please call **Cheryl on 0418 605 107**

Email: [fresh@gettossedsaladbar.com.au](mailto:fresh@gettossedsaladbar.com.au) New menus are delivered every Thursday to your letterbox.

<b>Name:</b>	
<b>Address:</b>	
<b>Phone:</b>	<b>Alt Contact:</b> _____
<b>Email:</b>	