

**FROZEN MEALS ON WHEELS AND BREAKFAST SELECTIONS**

<b>2013</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1</b> Oct 21-25 Nov 18-22 Dec 16-20	<b>Lasagna</b>	<b>Fish</b>	<b>Stew</b>	<b>Pork</b>	<b>cacciatore</b>
<b>Week 2</b> Oct 28-Nov 1 Nov 25-29 Dec 23-27	<b>Liver</b>	<b>Spaghetti</b>	<b>Roast Chicken</b>	<b>Chili</b>	<b>Ribs</b>
<b>Week 3</b> Nov 4-8 Dec 2-6 Dec 30-Jan3	<b>Fish</b>	<b>Curry Chicken</b>	<b>Roast beef</b>	<b>Salisbury</b>	<b>BBQ balls</b>
<b>Week 4</b> Nov 11-15 Dec 9-13	<b>Ham</b>	<b>Beef Sausage</b>	<b>Chowmein</b>	<b>Shephers pie</b>	<b>Turkey</b>
<b>Weekly Sandwich</b>	<b>Turkey &amp;Fruit</b>	<b>Vegetarian &amp;Fruit</b>	<b>Tuna salad &amp;Fruit</b>	<b>Egg Salad &amp;Fruit</b>	<b>Chicken salad&amp;Fruit</b>
<b>Breakfast</b>	<b>Sausages Eggs Hashbrowns</b>	<b>French toast Scrambled eggs Hashbrowns</b>	<b>Bacon Scrambled eggs Hashbrowns</b>	<b>Breakfast wrap with chorizo,eggs and salsa Hashbrowns</b>	<b>Cheese and ham omlette Hashbrowns</b>