



Weekly Meal Order Spring (2)

Menu date: Mon Nov 1st – Sun Nov 7th

Order By: 11am on 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
Mon	Chorizo, cannellini bean soup	
	Quiche Lorraine with salad	
	Fruit Salad with yoghurt & almonds	
Tues	Chorizo, cannellini bean soup	
	Cup Day BBQ Chicken with potato salad & coleslaw w Complimentary Champers or Bilsons Lemon/lime/bitters	
	Lemon Meringue Tart	
Wed	Roasted Carrot, coconut and turmeric soup	
	Beef Ragu (slow cooked beef & tomato sauce) with pan fried Gnocchi	
	Black rice sticky pudding with roasted banana	
Thu	Roasted Carrot, coconut and turmeric soup	
	Roast Pork medallions with scalloped potato and pan fried greens	
	Roasted Rhubarb with pistachio's and home made custard	
Fri	Lamb Shank & Barley Soup	
	Hot baked potato with cheese, coleslaw, bacon & sour cream	
	Roasted Strawberry Crepes with cinnamon marscapone	
Sat	Lamb Shank & Barley Soup	
	Coq au Vin (Chicken & wine stew) with rice and green vege	
	Cheese Board for One. 3 cheeses, quince paste, crackers & blueberries	
Sun	Lamb Shank & Barley Soup	
	Toasted ham, cheese and fresh tomato sourdough sandwich.	
	Fruit Salad with Yoghurt & Honey	

Please indicate any dietary considerations. NB: An extra charge of \$2.50 per day may 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 New menus are delivered every Friday to your letterbox.

Name:	
Address:	
Phone:	Alt Contact: _____
Email:	