



Weekly Meal Order Winter (3)

Menu date: Mon July 19th – Sun July 25th

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
Mon	Mulligatawny Soup (Curried Chicken) GF	
	Meatballs in tomato sauce with rice and broccolini (GF)	
	Seasonal Fruit Salad w yoghurt & honey	
Tues	Mulligatawny Soup GF	
	Sicilian Chicken Spaghetti w parmesan & herbs (GF available)	
	Banana & Date Pikelets with cream (GF)	
Wed	Zucchini & Parmesan Soup (GF)	
	Irish Stew (GF)	
	Tapioca Pudding w Strawberry compote (GF)	
Thu	Zucchini & Parmesan soup (GF)	
	Roast Chicken with homemade stuffing, potatoes, pumpkin & peas. (GF)	
	Citrus self saucing pudding & custard	
Fri	Pea & Ham soup (GF)	
	Marinated Salmon with rice and Asian greens (GF)	
	Melting Moment biscuit (GF)	
Sat	Pea & Ham Soup (GF)	
	Croque Monsieur – French style Ham/Cheese sandwich (GF available)	
	Raspberry Almond slice (GF)	
Sun	Pea & Ham Soup (GF)	
	Arancini Balls with antipasto style salad (GF)	
	Seasonal Fruit Salad w yoghurt & honey	

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 New menus are delivered every Thursday to your letterbox.

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