



COA Sydney Inc.
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KOSHER MEALS ON WHEELS

MENU ORDER FORM

MONDAY	WEDNESDAY	FRIDAY
<p>Order BEFORE 10:00am Friday</p> <p style="text-align: center;">Mendy's</p> <p>FISH</p> <p><input type="checkbox"/> Fried Fish With mash and vegetables (Dairy Mash)</p> <p><input type="checkbox"/> Tuna Lasagne With legumes and vegetables (Dairy)</p> <p>VEGETARIAN</p> <p><input type="checkbox"/> Cheesy Eggplant Moussaka with mash & vegetables (Dairy)</p> <p><input type="checkbox"/> Spinach Lasagne with mash & vegetables (Dairy)</p> <p><input type="checkbox"/> Pasta Pomodoro with legumes & vegetables (Dairy)</p> <p><input type="checkbox"/> Mushroom Blintzes with legumes & vegetables (Dairy)</p> <p><input type="checkbox"/> Zucchini Bake with legumes & vegetables (Dairy)</p>	<p>Order BEFORE 11:00am Monday</p> <p style="text-align: center;">Soul Gourmet</p> <p>MEAT</p> <p><input type="checkbox"/> Roast Beef with potatoes and vegetables</p> <p><input type="checkbox"/> Beef Patties and Fried Onion with potatoes and vegetables</p> <p><input type="checkbox"/> Spaghetti Bolognese with peas and vegetables</p> <p>CHICKEN</p> <p><input type="checkbox"/> Roast Chicken with potatoes and vegetables</p> <p><input type="checkbox"/> Chicken Schnitzel with mash and vegetables</p> <p><input type="checkbox"/> Sweet & Sour Chicken with rice and vegetables</p> <p>FISH</p> <p><input type="checkbox"/> Baked Salmon (Parve) with mash and vegetables</p>	<p>Order BEFORE 11:00am Wednesday</p> <p style="text-align: center;">Pita Mix</p> <p>MEAT</p> <p><input type="checkbox"/> Beef Meatballs in tomato sauce, with mash</p> <p><input type="checkbox"/> Beef Goulash with rice & vegetables</p> <p><input type="checkbox"/> Brisket with mash & vegetables</p> <p>CHICKEN</p> <p><input type="checkbox"/> Chicken Schnitzel with mash & vegetables</p> <p><input type="checkbox"/> Roast Chicken with mash & vegetables</p> <p><input type="checkbox"/> Chicken Paprika Strips with rice & vegetables</p> <p>FISH</p> <p><input type="checkbox"/> Baked Salmon (Parve) with mash and vegetables</p> <p><input type="checkbox"/> Fried Fish Balls (Parve) with rice & vegetables</p>
Soups and Desserts: Additional \$3 per item		
<p><input type="checkbox"/> Vegetable & Barley Soup</p> <p><input type="checkbox"/> Chocolate Brownie (Parve)</p> <p><input type="checkbox"/> Tinned Fruit Compote</p>	<p><input type="checkbox"/> Minestrone Soup</p> <p><input type="checkbox"/> Pumpkin Soup</p> <p><input type="checkbox"/> Cup Cake (Parve)</p> <p><input type="checkbox"/> Tinned Fruit Compote</p>	<p><input type="checkbox"/> Chicken Soup with matzo ball</p> <p><input type="checkbox"/> Vegetable Soup</p> <p><input type="checkbox"/> Carrot Cake (Parve)</p> <p><input type="checkbox"/> Home Made Fruit Compote</p>
<p>Nutritional Supplements (may be ordered with any delivery) - <input type="checkbox"/> Ensure Plus 200ml – Chocolate <input type="checkbox"/> Ensure Plus 200ml – Vanilla</p>		