

Park Care Meals

- Please indicate which meals you would like for the week commencing Monday.....
- Only fill in for the days you receive meals

Name.....

Round.....



Address.....

Week 1

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	Option	Main Meal	✓	Option	Soup or Pudding (Option 1 & 2 come with Custard)	✓	Tea	✓
Monday	1	Roast Beef with Peas, Cauliflower & Roast Potatoes		1	Sticky Toffee Pudding		Tuna Mayo & Cucumber on White with Fruit Yoghurt	
	2	Fish with a bread crumb topping with Vegetables & Sauté Potatoes		2	Chocolate Sponge		Ham & Cheese on Brown with Fruit Yoghurt	
	3	Chicken & Ham Pie with Peas, Mixed Veg & Mashed Potatoes		Cold	Fruit Jelly			
	4	Cheesy Vegetable Bake with Broccoli & Boiled Potatoes		Soup	Chicken Soup			
Tuesday	1	Steak & Kidney Pie with Peas, Carrots & Mashed Potatoes		1	Coconut Tart		Sausage on White with Apple Pie & Cream	
	2	Pork Casserole with Cauliflower, Cabbage & Sauté Potatoes		2	Almond Sponge		Coronation Chicken on Brown with Apple Pie & Cream	
	3	Sliced Gammon with Green Beans, Cauliflower & Mashed Potatoes		Cold	Fruit Yoghurt			
	4	Leek & Mushroom Pasta Mornay with Seasonal Vegetables		Soup	Mushroom Soup			
Wednesday	1	Liver & Sausage with Mixed Veg, Green Beans and Mash Potato		1	Apple Pie		Egg Mayonnaise on White with Chocolate Mousse	
	2	Sweet & Sour Pork with Rice		2	Ginger Sponge		Grated Cheddar Cheese on Brown with Chocolate Mousse	
	3	Roast Chicken with Green Beans, Swede & Boiled Potatoes		Cold	Manchester Tart			
	4	Cheese & Potato Pie with Sauté Potatoes and Baked Beans		Soup	Vegetable Soup			
Thursday	1	Lamb Hotpot & Potato with Mashed Swede, Broccoli, Cauliflower		1	Sweet Mince Pie		Ham and Mustard on White with Iced Bakewell Slice	
	2	Cottage Pie with Swede, Sprouts & Boiled Potatoes		2	Apple Sponge		Lemon Chicken on Brown with Iced Bakewell Slice	
	3	Chicken Salad with Jacket Potato		Cold	Sultana Cheesecake			
	4	Vegetable Curry with Rice		Soup	Minestrone Soup			
Friday	1	Fish in Parsley Sauce with Mixed Veg, Broccoli & Sautéed Potatoes		1	Rice Pudding		Ham Cheese & Pickle on White with Manchester Tart	
	2	Roast Turkey with Broccoli, Baby Carrots & Mashed Potatoes		2	Lemon Sponge		Tuna Mayo & Sweetcorn on Brown with Manchester Tart	
	3	Meatballs in Sauce with Green Beans, Carrots & Mashed Potatoes		Cold	Fruit Pieces			
	4	Macaroni Cheese with Mixed Vegetables and Broccoli		Soup	Chicken Soup			
Saturday	1	Chicken Casserole with Swede, Peas & Mashed Potatoes		1	Sultana Sponge		Chicken Tikka on White with Fruit Jelly	
	2	Minced Beef & Yorkshire Pudding with Carrots, Peas & Sauté Potatoes		2	Fruit & Custard		Egg Mayo & Cress on Brown with Fruit Jelly	
	3	Sausage, Mash Potatoes & Baked Beans		Cold	Strawberry Mousse			
	4	Vegetarian Sausage with Cabbage, Peas & Mashed Potatoes		Soup	Mushroom Soup			
Sunday	1	Roast Pork with Mixed Veg, Carrots & Roast Potatoes		1	Rhubarb Crumble		Cream Cheese on White with Fruit Yoghurt	
	2	Beef Grill with Baked Beans, Peas & Mustard Mash		2	Orange Sponge		Chicken Mayonnaise on Brown with Fruit Yoghurt	
	3	Fish Cakes in Parsley Sauce with Broccoli, Carrots & Boiled Potatoes		Cold	Fruit Scone & Jam			
	4	Vegetarian Cottage Pie with Carrots & Green Beans		Soup	Vegetable Soup			