

## Park Care Meals

•Please indicate which meals you would like for the week commencing Monday.....

Name.....

Round.....

•Only fill in for the days you receive meals



Address.....

## Week 3

<b>Week 3</b>	Option	Main Meal	✓	Option	Soup or Pudding (Option 1 & 2 come with Custard)	✓	Tea	✓
<u>Monday</u>	1	Lamb Hotpot & Potato with Mashed Swede, Broccoli & Cauliflower		1	Jam Sponge		Tuna Mayo and Cheese on White with Chocolate Mousse	
	2	Roast Pork with Mixed Veg, Carrots & Roast Potatoes		2	Chocolate Sponge		Sausage on Brown with Chocolate Mousse	
	3	Steak pie & gravy diced potatoes, brussels sprouts & carrots		Cold	Apple Pie & Cream			
	4	Macaroni Cheese with Mixed Vegetables & Broccoli		Soup	Vegetable Soup			
<u>Tuesday</u>	1	Shepherd's Pie with Green Beans, Baby Carrots & Boiled Potatoes		1	Rice Pudding		Ham & Cheese on White with Date Crumble Slice	
	2	Chicken Curry with Rice		2	Lemon Sponge		Lemon Chicken on Brown with Date Crumble Slice	
	3	Fish in Parsley Sauce with Mixed Veg, Broccoli & Sautéed Potatoes		Cold	Sultana Cheesecake			
	4	Vegetarian Cottage Pie with Carrots & Green Beans		Soup	Minestrone Soup			
<u>Wednesday</u>	1	Minced Beef & Yorkshire Pudding with Carrots, Peas & Sauté Potatoes		1	Date Slice		Cream Cheese on White with Apple Pie & Cream	
	2	Ham Salad with Jacket Potato		2	Almond & Cherry Sponge		Ham & Egg on Brown with Apple Pie & Cream	
	3	Roast Turkey with Broccoli, Baby Carrots & Mashed Potatoes		Cold	Fruit Jelly			
	4	Cheese & Potato Pie with Sauté Potatoes & Baked Beans		Soup	Chicken Soup			
<u>Thursday</u>	1	Chicken & Ham Pie with Peas, Mixed Veg & Mashed Potatoes		1	Sticky Toffee Pudding		Ham Cheese & Pickle on White with Iced Bakewell Slice	
	2	Meatballs with Green Beans, Carrots & Mashed Potatoes		2	Vanilla Sponge		Tuna Mayo & Cucumber on Brown with Iced Bakewell Slice	
	3	Roast Beef with Peas, Cauliflower & Roast Potatoes		Cold	Fruit Yoghurt			
	4	Vegetarian Sausage with Cabbage, Peas & Mashed Potatoes		Soup	Mushroom Soup			
<u>Friday</u>	1	Fish Cakes in Parsley Sauce with Broccoli, Carrots & Boiled Potatoes		1	Lemon Bakewell Tart		Chicken Tikka on White with Fruit Jelly	
	2	Chicken Casserole with Swede, Peas & Mashed Potatoes		2	Almond Sponge		Ham on Brown with Fruit Jelly	
	3	Sausage, Mash Potatoes & Baked Beans		Cold	Manchester Tart			
	4	Cheesy Vegetable Bake with Broccoli & Boiled Potatoes		Soup	Vegetable Soup			
<u>Saturday</u>	1	Sliced Gammon with Green Beans, Cauliflower & Mashed Potatoes		1	Apricot Sponge		Egg & Tomato on White with Fruit Yoghurt	
	2	Liver and onions in gravy, mashed potatoes, green cabbage, and carrots		2	Fruit & Custard		Chicken Mayonnaise on Brown with Fruit Yoghurt	
	3	Cottage Pie with Swede, Sprouts & Boiled Potatoes		Cold	Strawberry Mousse			
	4	Cheese & tomato quiche, steamed baby potatoes, baked beans		Soup	Minestrone Soup			
<u>Sunday</u>	1	Roast Chicken with Green Beans, Swede & Boiled Potatoes		1	Apple & Blackberry Pie		Ham and Mustard on White with Sultana Cheesecake	
	2	Bacon, Sausage, Egg, Tomato & Sautéed Potatoes		2	Ginger Sponge		Egg Mayonnaise on Brown with Sultana Cheesecake	
	3	Spaghetti Bolognese with Baton Carrots & Garden Peas		Cold	Fruit Pieces			
	4	Cauliflower & Broccoli Bake with Peas & Sauté Potatoes		Soup	Chicken Soup			