

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 4

Week 4	Option	Main Meal	✓	Option	Soup or Pudding (Option 1 & 2 come with Custard)	✓	Tea	✓
<u>Monday</u>	1	Pork Casserole with Cauliflower, Cabbage & Sauté Potatoes		1	Apple Pie		Cheese Savoury on White with Manchester Tart	
	2	Fish in Parsley Sauce with Mixed Veg, Broccoli & Sautéed Potatoes		2	Rice Pudding		Ham Cheese & Pickle on Brown with Manchester Tart	
	3	Beef Stew with Cabbage, Green Beans & Boiled Potatoes		Cold	Fruit Yoghurt			
	4	Vegetarian Cottage Pie with Carrots & Green Beans		Soup	Mushroom Soup			
<u>Tuesday</u>	1	Chicken Casserole with Swede, Peas & Mashed Potatoes		1	Strawberry Crumble		Ham and Mustard on White with Fruit Yoghurt	
	2	Steak pie & gravy diced potatoes, brussels sprouts & carrots		2	Ginger Sponge		Tuna Mayo & Cucumber on Brown with Fruit Yoghurt	
	3	Roast Pork with Mixed Veg, Carrots & Roast Potatoes		Cold	Date Crumble Slice			
	4	Quorn fishless fishfingers, chips, peas		Soup	Vegetable Soup			
<u>Wednesday</u>	1	Lamb Hotpot & Potato with Mashed Swede, Broccoli & Cauliflower		1	Jam Sponge		Chicken Mayonnaise on White with Apple Pie & Cream	
	2	Roast Beef with Peas, Cauliflower & Roast Potatoes		2	Vanilla Sponge		Egg Mayo & Cress on Brown with Apple Pie & Cream	
	3	Corned Beef Pie, Mushy Peas, Carrots & Mashed Potatoes		Cold	Iced Bakewell Slice			
	4	Vegetarian Sausage with Cabbage, Peas & Mashed Potatoes		Soup	Minestrone Soup			
<u>Thursday</u>	1	Sausage & Onion with Peas, Carrots & Sautéed Potatoes		1	Bakewell Tart		Egg and Cheese on White with Fruit Cake	
	2	Roast Chicken with Green Beans, Swede & Boiled Potatoes		2	Apple Sponge		Coronation Chicken on Brown with Fruit Cake	
	3	Beef Lasagne with Green Beans & Mixed Veg		Cold	Sultana Cheesecake			
	4	Vegetable Curry with Rice		Soup	Vegetable Soup			
<u>Friday</u>	1	Fisherman's Pie with Cauliflower, Cabbage & Sautéed Potatoes		1	Almond Cherry Sponge		Lemon Chicken on White with Sultana Cheesecake	
	2	Spaghetti Bolognese with Baton Carrots & Garden Peas		2	Fruit & Custard		Ham & Egg on Brown with Sultana Cheesecake	
	3	Sliced Gammon with Green Beans, Cauliflower & Mashed Potatoes		Cold	Fruit Jelly			
	4	Cheesy Vegetable Bake with Broccoli & Boiled Potatoes		Soup	Mushroom Soup			
<u>Saturday</u>	1	Cottage Pie with Swede, Sprouts & Boiled Potatoes		1	Apple & Raspberry Pie		Ham on White with Fruit Scone & Jam	
	2	Tuna Salad with Jacket Potato		2	Chocolate Sponge		Tuna Mayo & Sweetcorn on Brown with Fruit Scone & Jam	
	3	Bacon, Sausage, Egg, Tomato & Sautéed Potatoes		Cold	Fruit Pieces			
	4	Macaroni Cheese with Mixed Vegetables & Broccoli		Soup	Chicken Soup			
<u>Sunday</u>	1	Roast Turkey with Broccoli, Baby Carrots & Mashed Potatoes		1	Rhubarb Pie		Sausage on White with Fruit Jelly	
	2	Minced Beef & Yorkshire Pudding with Carrots, Peas & Sauté Potatoes		2	Lemon Sponge		Chicken Tikka on Brown with Fruit Jelly	
	3	Chilli Con Carne with Rice		Cold	Apple Pie & Cream			
	4	Cheese & Potato Pie with Sauté Potatoes & Baked Beans		Soup	Minestrone Soup			