

Park Care Meals

- Please indicate which meals you would like for the week commencing Monday 15/4/24
- Only fill in for the days you receive meals

Name.....

Round.....



Address.....

Week 1

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Monday

Option	Main Meal	✓	Option	Pudding (Option 1 & 2 come with Custard)	✓	Tea	✓
1	Minty Lamb Casserole, Mash, Carrots, Green Bean & Broccoli		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	Bacon Chop, Hash Browns, Baked Beans & Grilled Tomato		Cold	Fruit Jelly			
4	Vege Patch Pie - Vegetables in a creamy sauce topped with Mash Potato						

Tuesday

1	Liver and onions in gravy, Mashed Potatoes, Cabbage, and Carrots		1	Apple Crumble		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	Quorn Fishless fingers, chips & peas						

Wednesday

1	Steak Pie Roast Diced Potatoes, Sprouts & Carrots		1	Apple Pie		Egg Mayonnaise on White with Fruit Cake	
2	Shepherd's Pie with Green Beans, Baby Carrots & Boiled Potatoes		2	Ginger Sponge		Grated Cheddar Cheese on Brown with Fruit Cake	
3	Roast Chicken with Green Beans, Swede & Boiled Potatoes		Cold	Manchester Tart			
4	Cauliflower & Broccoli Bake						

Thursday

1	Award Winning Faggots in gravy, Mash, Broccoli, Red cabbage		1	Rhubarb Pie		Ham and Mustard on White with Iced Bakewell Slice	
2	Cheesy Cottage Pie, Saute potatoes, Carrot, Green Beans & Broccoli		2	Apple Sponge		Lemon Chicken on Brown with Iced Bakewell Slice	
3	Chicken Salad with Jacket Potato		Cold	Sultana Cheesecake			
4	Vegetable & Lentil Curry with Rice						

Friday

1	Fish Cakes in Parsley Sauce with Broccoli, Carrots & Boiled Potatoes		1	Rice Pudding		Ham Cheese & Pickle on White with Manchester Tart	
2	Corned Beef Hash, Baked Beans & Crispy Potatoes		2	Lemon Sponge		Tuna Mayo & Sweetcorn on Brown with Manchester Tart	
3	Pork Meatballs in gravy with Sweetcorn, Peas & Mashed Potatoes		Cold	Fruit Pieces			
4	Macaroni Cheese with Mixed Vegetables and Broccoli						

Saturday

1	Sausage, Mash Potatoes & Baked Beans		1	Sultana Sponge		Chicken Tikka on White with Fruit Jelly	
2	Ham Salad with Jacket Potato		2	Fruit & Custard		Egg Mayo & Cress on Brown with Fruit Jelly	
3	Chicken Supreme, Mixed Rice & Vegetables		Cold	Strawberry Mousse			
4	Vegetarian Sausage with Cabbage, Peas & Mashed Potatoes						

Sunday

1	Roast Turkey, Potatoes and Vegetables		1	Rhubarb Crumble		Cream Cheese on White with Fruit Yoghurt	
2	Award winning Faggots in gravy, Mash, Broccoli, Red cabbage		2	Ginger 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						