

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 2

Week 2	Option	Main Meal	✓	Option	pudding (Option 1 & 2 come with Custard)	✓	Tea	✓
<u>Monday</u>	1	Steak pie & gravy diced potatoes, brussels sprouts & carrots		1	Pineapple Pie		Lemon Chicken on White with Fruit Jelly	
	2	Pork Casserole with Cauliflower, Cabbage & Sauté Potatoes		2	Fruit & Custard		Egg Mayo & Cress on Brown with Fruit Jelly	
	3	Brunch - Sausages, Omelette, Baked Beans & Sauteed Potatoes		Cold	Iced Bakewell Slice			
	4	Vegetarian Sausage with Cabbage, Peas & Mashed Potatoes						
<u>Tuesday</u>	1	Roast Chicken with Green Beans, Swede & Boiled Potatoes		1	Bakewell Tart		Chicken Mayonnaise on White with Strawberry Mousse	
	2	Award winning Faggots in gravy, Mash, Broccoli, Red cabbage		2	Lemon Sponge		Cheese Savoury on Brown with Strawberry Mousse	
	3	Sausage Casserole, Roast Potatoes, Broccoli & Cauliflower		Cold	Fruit Jelly			
	4	Macaroni Cheese with Mixed Vegetables & Broccoli						
<u>Wednesday</u>	1	Liver and onions in gravy, mashed potatoes, green cabbage, and carrots		1	Rice Pudding		Tuna Mayo & Cucumber on White with Sultana Cheesecake	
	2	Shepherd's Pie with Green Beans, Baby Carrots & Boiled Potatoes		2	Chocolate Sponge		Ham Cheese & Pickle on Brown with Sultana Cheesecake	
	3	Spaghetti Bolognese with Baton Carrots & Garden Peas		Cold	Apple Pie & Cream			
	4	Vegetable Curry with Rice						
<u>Thursday</u>	1	Beef Lasagne with Medireranian Vegetables		1	Lemon Sponge		Egg Mayonnaise on White with a Fruit Pot	
	2	Chicken Supreme, Mixed Rice & Vegetables		2	Ginger Sponge		Chicken Tikka on Brown with a Fruit Pot	
	3	Sausage Casserole, Roast Potatoes, Broccoli & Cauliflower		Cold	Manchester Tart			
	4	Vegetable Hotpot						
<u>Friday</u>	1	Fish with a bread crumb topping with Vegetables & Sauté Potatoes		1	Apricot Crumble		Ham and Mustard on White with Fruit Yoghurt	
	2	Sliced Gammon with Green Beans, Cauliflower & Mashed Potatoes		2	Apple Sponge		Grated Cheddar Cheese on Brown with Fruit Yoghurt	
	3	Beef Stew with Cabbage, Green Beans & Boiled Potatoes		Cold	Sultana Cheesecake			
	4	Cheese Salad with Jacket Potato						
<u>Saturday</u>	1	Corned Beef Pie, Mushy Peas, Carrots & Mashed Potatoes		1	Rhubarb Crumble		Tuna Mayo & Cheese on White with Fruit Scone & Jam	
	2	Tomato Soup & Ham and Cheese Sandwich		2	Almond Sponge		Sausage on Brown with Fruit Scone & Jam	
	3	Chicken Curry with Rice		Cold	Fruit Pieces			
	4	Cauliflower & Broccoli Bake with Peas & Sauté Potatoes						
<u>Sunday</u>	1	Roast Beef with Peas, Cauliflower & Roast Potatoes		1	Coconut Sponge		Egg & Tomato on White with Fruit Cake	
	2	Fish Cakes in Parsley Sauce with Broccoli, Carrots & Boiled Potatoes		2	Apricot Sponge		Coronation Chicken on Brown with Fruit Cake	
	3	Sausages in Onion Gravy, Mash, Cabbage ,Carrot & Swede Mash		Cold	Fruit Yoghurt			
	4	Potato Patch Pie - vegetables in a creamy sauce topped with mash potato						