

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

Week 3	Option	Main Meal	✓	Option	Pudding (Option 1 & 2 come with Custard)	✓	Tea	✓
<u>Monday</u>	1	Corned Beef Hash, Baked Beans & Crispy Potatoes		1	Jam Sponge		Tuna Mayo and Cheese on White with Chocolate Mousse	
	2	Roast Chicken with Potatoes, Carrots & Sprouts		2	Chocolate Sponge		Sausage on Brown with Chocolate Mousse	
	3	Sauasges in Onion Gravy, Mash, Cabbage ,Carrot & Swede Mash		Cold	Apple Pie & Cream			
	4	Macaroni Cheese with Mixed Vegetables & Broccoli						
<u>Tuesday</u>	1	Shepherd's Pie with Green Beans, Baby Carrots & Boiled Potatoes		1	Rice Pudding		Ham & Cheese on White with Fruit Cake	
	2	Chicken Curry with Rice		2	Lemon Sponge		Lemon Chicken on Brown with Fruit Cake	
	3	Award Winning Faggots in gravy, Mash, Broccoli, Red cabbage		Cold	Sultana Cheesecake			
	4	Vegetarian Cottage Pie with Carrots & Green Beans						
<u>Wednesday</u>	1	Venison Hotpot, Swede & Carrot Mash, Green Beans and Broccoli		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	Bacon Chop, Hash Browns, Baked Beans & Grilled Tomato		Cold	Fruit Jelly			
	4	Vegetable Cheese Bake						
<u>Thursday</u>	1	Chicken Supreme, Mixed Rice & Vegetables		1	Sticky Toffee Pudding		Ham Cheese & Pickle on White with Iced Bakewell Slice	
	2	Pork Meatballs in gravy with Sweetcorn, Peas & Mashed Potatoes		2	Vanilla Sponge		Tuna Mayo & Cucumber on Brown with Iced Bakewell Slice	
	3	Minty Lamb Casserole, Mash, Carrots,Green Bean& Broccoli		Cold	Fruit Yoghurt			
	4	Vegetarian Sausage with Cabbage, Peas & Mashed Potatoes						
<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	Carrot & Ginger Soup with Grated Cheese Sandwich		2	Almond Sponge		Ham on Brown with Fruit Jelly	
	3	Sausage, Mash Potatoes & Baked Beans		Cold	Manchester Tart			
	4	Potato Patch Pie - vegetables in a creamy sauce topped with mash potato						
<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	Cheesy Cottage Pie , Saute potatoes, Carrot, Green Beans & Broccoli		Cold	Strawberry Mousse			
	4	Vegetable & Lentil Curry with Rice						
<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						