


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	Pudding (Option 1 & 2 come with Custard)	✓	Tea	✓
<u>Monday</u>	1	Sauages in Onion Gravy, Mash, Cabbage ,Carrot & Swede Mash		1	Apple Pie		Cheese Savoury on White with Manchester Tart	
	2	FishCakes in Parsley sauce, Baby Roast Potatoes and Peas		2	Rice Pudding		Ham Cheese & Pickle on Brown with Manchester Tart	
	3	Beef Lasagne with Medireranian Vegetables		Cold	Fruit Yoghurt			
	4	Vegetarian Cottage Pie with Carrots & Green Beans						
<u>Tuesday</u>	1	Roast Turkey, Potatoes and Vegetables		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	Ham Salad with Jacket Potato		Cold	Fruit Cake			
	4	Quorn fishless fishfingers, chips, peas						
<u>Wednesday</u>	1	Chicken Supreme, Mixed Rice & Vegetables		1	Jam Sponge		Chicken Mayonnaise on White with Apple Pie & Cream	
	2	Liver and onions in gravy, Mashed Potatoes, Cabbage, and Carrots		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						
<u>Thursday</u>	1	Minty Lamb Casserole, Mash, Carrots,Green Bean& Broccoli		1	Bakewell Tart		Egg and Cheese on White with Fruit Cake	
	2	Hearty Vegetable Soup with Cheese Savoury Sandwich		2	Apple Sponge		Coronation Chicken on Brown with Fruit Cake	
	3	Roast Chicken with Green Beans, Swede & Boiled Potatoes		Cold	Sultana Cheesecake			
	4	Vegetable Curry with Rice						
<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	Vege Patch Pie - Vegetables in a creamy sauce topped with Mash Potato						
<u>Saturday</u>	1	Cheesy Cottage Pie , Saute potatoes, Carrot, Green Beans & Broccoli		1	Apple Crumble		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	Brunch - Sausages, Omlette, Baked Beans & Sauteed Potatoes		Cold	Fruit Pieces			
	4	Macaroni Cheese with Mixed Vegetables & Broccoli						
<u>Sunday</u>	1	Roast Pork with Mixed Veg, Carrots & Roast Potatoes		1	Rhubarb Pie		Sausage on White with Fruit Jelly	
	2	Venison Hotpot, Swede & Carrot Mash, Green Beans and Broccoli		2	Lemon Sponge		Chicken Tikka on Brown with Fruit Jelly	
	3	FishCakes in Parsley sauce, Baby Roast Potatoes and Peas		Cold	Apple Pie & Cream			
	4	Vegetable Cheese Bake						