

Park Care Meals

- Please indicate which meals you would like for the week commencing
- Only fill in for the days you receive meals

Name.....

Round.....



Address.....

Week 1

Week 1	Option	Main Meal	✓	Option	Pudding (Option 1 & 2 come with Custard)	✓	Tea	✓
<u>Monday</u>	1	Chicken in Gravy with Mash and Mixed Vegetables		1	Sticky Toffee Pudding		Tuna Mayo & Cucumber on White with Fruit Yoghurt	
	2	Lambs Liver & Bacon Casserole with Mash, Green Beans & Carrots		2	Chocolate Sponge		Ham & Cheese on Brown with Fruit Yoghurt	
	3	Fish in Parsley sauce with Mash, Green Beans & Carrots		Cold	Fruit Jelly			
	4	Macaroni Cheese with Green Beans & Carrots		Soup	Potato & Leek			
<u>Tuesday</u>	1	Roast Pork in Gravy with Roast Potatoes, Peas & Carrots		1	Apple Crumble		Sausage on White with Apricot & Peach Dessert	
	2	Chunky Vegetable Soup with Cheese Savoury Sandwich		2	Almond Sponge		Coronation Chicken on Brown with Apricot & Peach Dessert	
	3	Chicken & Mushroom Pie with Mash, Carrots & Green Beans		Cold	Fruit Yoghurt			
	4	Provençale Vegetable Bake		Soup	Tomato			
<u>Wednesday</u>	1	Pork Faggots in gravy with Peas & Mashed Potato		1	Apple Pie		Egg Mayonnaise on White with Chocolate Mousse	
	2	Irish Stew with Mashed Root Veg, Savoy Cabbage & Mashed Potato		2	Ginger Sponge		Grated Cheddar Cheese on Brown with Chocolate Mousse	
	3	Steak & Kidney Pie with Mash, Carrots & Peas		Cold	Coffee Dessert			
	4	Tomato & Mozzarella Pasta		Soup	Scotch Broth			
<u>Thursday</u>	1	Chicken and Veg Casserole, Mash, Carrots & Green Beans		1	Rhubarb Pie		Ham and Mustard on White with Iced Bakewell Slice	
	2	Tuna Salad & Jacket potato		2	Apple Sponge		Lemon Chicken on Brown with Iced Bakewell Slice	
	3	Bangers & Mash with Peas		Cold	Strawberry Cheesecake			
	4	Vegetarian Cottage Pie		Soup	Vegetable			
<u>Friday</u>	1	Fish Cake with Mushy Peas & Diced Potatoes		1	Rice Pudding		Ham Cheese & Pickle on White with Raspberry Dessert	
	2	Chicken Breast in gravy with Boiled Potatoes, Carrots & Peas		2	Lemon Sponge		Tuna Mayo & Sweetcorn on Brown with Raspberry Dessert	
	3	Savoury Minced Beef in gravy with Mash & Carrots		Cold	Fruit Pieces			
	4	Mushroom, Leek & Cheddar Bake		Soup	Chicken			
<u>Saturday</u>	1	Corned Beef Hash with Peas & Carrots		1	Sultana Sponge		Chicken Tikka on White with Fruit Jelly	
	2	Chicken & Vegetable Pie with Mash, Cauliflower and Green Beans		2	Fruit & Custard		Egg Mayo & Cress on Brown with Fruit Jelly	
	3	Shepherds Pie with Peas & Carrots		Cold	Strawberry Mousse			
	4	Spicy Bean Casserole		Soup	Potato & Leek			
<u>Sunday</u>	1	Sliced Beef & Yorkshire Pudding with Mash, Peas & Green Beans		1	Rhubarb Crumble		Cream Cheese on White with Fruit Yoghurt	
	2	Chicken in Gravy with Mash and Mixed Vegetables		2	Ginger Sponge		Chicken Mayonnaise on Brown with Fruit Yoghurt	
	3	Cumberland Sausages with Mash, Carrots & Peas		Cold	Raspberry Dessert			
	4	Vegetable Lasagne		Soup	Tomato			