

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

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Monday

Option	Main Meal	✓	Option	Pudding (Option 1 & 2 come with Custard)	✓	Tea	✓
1	Chicken in Gravy with Mash and Mixed Vegetables		1	Sticky Toffee Pudding		Tuna Mayo & Cucumber on White with Fruit Cake	
2	Lambs Liver & Bacon Casserole with Mash, Green Beans & Carrots		2	Chocolate Sponge		Ham & Cheese on Brown with Fruit Cake	
3	Fish in Parsley sauce with Mash, Green Beans & Carrots		Cold	Fruit Jelly			
4	Macaroni Cheese with Green Beans & Carrots		Soup	Potato & Leek			

Tuesday

1	Roast Pork in Gravy with Roast Potatoes, Peas & Carrots		1	Apple Crumble		Sausage on White with Apricot & Peach Dessert	
2	Chicken Curry & Rice		2	Honey Cake		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			

Wednesday

1	Pork Faggots in gravy with Peas & Mashed Potato		1	Apple Pie		Egg Mayonnaise on White with Crispy Jam Tart	
2	Irish Stew with Mashed Root Veg, Savoy Cabbage & Mashed Potato		2	Ginger Sponge		Grated Cheddar Cheese on Brown with Crispy Jam Tart	
3	Steak & Kidney Pie with Mash, Carrots & Peas		Cold	Chocolate Mousse			
4	Omelette, Chips & Beans		Soup	Scotch Broth			

Thursday

1	Chicken and Veg Casserole, Mash, Carrots & Green Beans		1	Rhubarb Pie		Ham and Mustard on White with Marble Cake	
2	Tuna Salad & Jacket potato		2	Apricot Sponge		Lemon Chicken on Brown with Marble Cake	
3	Bangers & Mash with Peas		Cold	Tiramisu			
4	Vegetarian Cottage Pie		Soup	Vegetable			

Friday

1	Fish Cake with Mushy Peas & Diced Potatoes		1	Rice Pudding		Ham Cheese & Pickle on White with Raspberry Dessert	
2	Chicken Breast & Stuffing with Boiled Potatoes, Carrots & Peas		2	Syrup Sponge		Tuna Mayo & Sweetcorn on Brown with Raspberry Dessert	
3	Savoury Minced Beef in gravy with Mash & Carrots		Cold	Fruit Pieces			
4	Root Vegetable Spaghetti Bolognese		Soup	Chicken			

Saturday

1	Corned Beef Hash with Peas & Carrots		1	Jam 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			

Sunday

1	Sliced Beef & Yorkshire Pudding with Mash, Peas & Green Beans		1	Bread Pudding		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			