

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	Cottage pie with Peas and Carrots		1	Raspberry Crumble		Lemon Chicken on White with Fruit Jelly	
	2	Chicken and Veg Casserole, Mash, Carrots & Green Beans		2	Fruit & Custard		Egg Mayo & Cress on Brown with Fruit Jelly	
	3	Salmon & Broccoli Supreme with Mash, Carrots & Peas		Cold	Strawberry Mousse			
	4	Vegetable Curry with Rice		Soup	Scotch Broth			
<u>Tuesday</u>	1	Sausage, Chips & Beans		1	Bakewell Tart		Chicken Mayonnaise on White with Marble Cake	
	2	Chilli Con Carne with Vegetable Rice		2	Syrup Sponge		Cheese Savoury on Brown with Marble Cake	
	3	Chicken in Gravy with Mash and Mixed Vegetables		Cold	Fruit Jelly			
	4	Cauliflower Cheese & Broccoli Bake		Soup	Potato & Leek			
<u>Wednesday</u>	1	Steak & Mushroom Casserole with Mash, Broccoli and Mashed Carrot		1	Rice Pudding		Tuna Mayo & Cucumber on White with Raspberry Dessert	
	2	Chicken Bacon Hotpot with Sauté Potatoes, Green Veg and Mash Swede		2	Ginger Sponge		Ham Cheese & Pickle on Brown with Raspberry Dessert	
	3	Chicken Curry with Rice		Cold	Chocolate Mousse			
	4	Root Vegetable Spaghetti Bolognese		Soup	Tomato			
<u>Thursday</u>	1	Lambs Liver & Bacon Casserole with Mash, Green Beans & Carrots		1	Mince Pie		Egg Mayonnaise on White with a Fruit Pot	
	2	Chicken & Mushroom Pie with Mash, Carrots & Green Beans		2	Chocolate Sponge		Chicken Tikka on Brown with a Fruit Pot	
	3	Corned Beef Hash with Peas & Carrots		Cold	Apricot & Peach Dessert			
	4	Cheese, Onion, Leek & Potato Bake		Soup	Chicken			
<u>Friday</u>	1	Salmon Crumble with Mash and Minted Greens		1	Apricot Crumble		Ham and Mustard on White with Fruit Yoghurt	
	2	Ham Salad & Jacket Potato		2	Jam Sponge		Grated Cheddar Cheese on Brown with Fruit Yoghurt	
	3	Cumberland Sausages with Mash, Carrots & Peas		Cold	Tiramisu			
	4	Macaroni Cheese with Green Beans & Carrots		Soup	Vegetable			
<u>Saturday</u>	1	Shepherds Pie with Peas & Carrots		1	Apple & Date Slice		Tuna Mayo & Cheese on White with Apricot & Peach Dessert	
	2	Sweet & Sour Chicken with Rice		2	Syrup Sponge		Sausage on Brown with Apricot & Peach Dessert	
	3	Steak & Kidney Pie with Mash, Carrots & Peas		Cold	Fruit Pieces			
	4	Provençale Vegetable Bake		Soup	Scotch Broth			
<u>Sunday</u>	1	Roast Pork in Gravy with Roast Potatoes, Peas & Carrots		1	Apple Pie		Egg & Tomato on White with Fruit Cake	
	2	Chicken Breast in gravy with Boiled Potatoes, Carrots & Peas		2	Apricot Sponge		Coronation Chicken on Brown with Fruit Cake	
	3	Savoury Minced Beef in gravy with Mash & Carrots		Cold	Fruit Yoghurt			
	4	Vegetarian Cottage Pie		Soup	Potato & Leek			