

Park Care Meals

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

Name.....

Round.....



Address.....

Week 3

Week 3	Option	Main Meal	✓	Option	pudding (Option 1 & 2 come with Custard)	✓	Tea	✓
<u>Monday</u>	1	Chicken & Vegetable Pie with Mash, Cauliflower and Green Beans		1	Jam Sponge		Tuna Mayo and Cheese on White with Crispy Jam Tart	
	2	Pork Faggots in gravy with Peas & Mashed Potato		2	Chocolate Sponge		Sausage on Brown with Crispy Jam Tart	
	3	Bangers & Mash with Peas		Cold	Strawberry Mousse			
	4	Omelette, Chips & Beans		Soup	Vegetable			
<u>Tuesday</u>	1	Fish cake with Mushy Peas & Diced Potatoes		1	Rice Pudding		Ham & Cheese on White with Fruit Cake	
	2	Shepherds Pie with Peas & Carrots		2	Honey Cake		Lemon Chicken on Brown with Fruit Cake	
	3	Steak & Mushroom Casserole with Mash, Broccoli and Mashed Carrot		Cold	Raspberry Dessert			
	4	Vegetarian Cottage Pie		Soup	Chicken			
<u>Wednesday</u>	1	Sausage, Chips and Beans		1	Apple & Date Slice		Cream Cheese on White with Raspberry Dessert	
	2	Cottage Pie with Peas and Carrots		2	Apricot Sponge		Ham & Egg on Brown with Raspberry Dessert	
	3	Savoury Minced Beef in gravy with Mash & Carrots		Cold	Fruit Jelly			
	4	Vegetable Curry with Rice		Soup	Tomato			
<u>Thursday</u>	1	Irish Stew with Mashed Root Veg, Savoy Cabbage & Mashed Potato		1	Sticky Toffee Pudding		Ham Cheese & Pickle on White with Chocolate Mousse	
	2	Beef Lasagne with Carrots & Romano Beans		2	Apple Crumble		Tuna Mayo & Cucumber on Brown with Chocolate Mousse	
	3	Lambs Liver & Bacon Casserole with Mash, Green Beans & Carrots		Cold	Fruit Yoghurt			
	4	Cauliflower Cheese & Broccoli Bake		Soup	Scotch Broth			
<u>Friday</u>	1	Fish in Parsley Sauce with Mash, Green Beans & Carrots		1	Bakewell Tart		Chicken Tikka on White with Fruit Jelly	
	2	Chilli Con Carne with Vegetable Rice		2	Bread Pudding		Ham on Brown with Fruit Jelly	
	3	Chicken Bacon Hotpot with Sauté Potatoes, Green Veg and Mash Swede		Cold	Apricot & Peach Dessert			
	4	Cheese, Onion, Leek & Potato Bake		Soup	Vegetable			
<u>Saturday</u>	1	Cumberland Sausages with Mash, Carrots & Peas		1	Apricot Sponge		Egg & Tomato on White with Fruit Yoghurt	
	2	Steak & Kidney Pie with Mash, Carrots & Peas		2	Fruit & Custard		Chicken Mayonnaise on Brown with Fruit Yoghurt	
	3	Chicken Salad with Jacket Potato		Cold	Strawberry Mousse			
	4	Vegetable Lasagne		Soup	Chicken			
<u>Sunday</u>	1	Sliced Beef & Yorkshire Pudding with Mash, Peas & Green Beans		1	Apple & Blackberry Pie		Ham and Mustard on White with Fruit Flapjack	
	2	Chicken & Mushroom Pie with Mash, Carrots & Green Beans		2	Ginger Sponge		Egg Mayonnaise on Brown with Fruit Flapjack	
	3	Chicken Curry with Rice		Cold	Fruit Pieces			
	4	Spicy Bean Casserole		Soup	Potato & leek			