

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

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 Mayonnaise 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

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|---|---|--|------|---------------|--|---|--|
| 1 | Roast Pork in Gravy with Roast Potatoes, Peas & Carrots | | 1 | Apple Crumble | | Cheese & Pickle on White with Apricot & Peach Dessert | |
| 2 | Chicken Curry & Rice | | 2 | Honey Cake | | Chicken & Sweetcorn on Brown with Apricot & Peach Dessert | |
| 3 | Chicken & Mushroom Pie with Mash, Carrots & Green Beans | | Cold | Fruit Yoghurt | | | |
| 4 | Provençale Vegetable Bake | | Soup | Mushroom | | | |

Wednesday

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|---|--|--|------|------------------|--|--|--|
| 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 | | 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

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|---|--|--|------|----------------|--|-----------------------------------|--|
| 1 | Lancashire Hotpot with Carrots and Peas | | 1 | Rhubarb Pie | | Ham on White with Marble Cake | |
| 2 | Fish Pie with a Mashed Potato topping & Carrots. | | 2 | Apricot Sponge | | Chicken on Brown with Marble Cake | |
| 3 | Braised Steak in gravy with Mash & Peas | | Cold | Tiramisu | | | |
| 4 | Vegetarian Cottage Pie | | Soup | Vegetable | | | |

Friday

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|---|--|--|------|--------------|--|---|--|
| 1 | Fish Cake with Mushy Peas & Diced Potatoes | | 1 | Rice Pudding | | Ham & Cheese on White with Raspberry Dessert | |
| 2 | Honey Mustard Chicken with Mash & Mixed Vegetables | | 2 | Syrup Sponge | | Tuna Mayonnaise 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

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|---|--|--|------|-------------------|--|--|--|
| 1 | Corned Beef Hash with Peas & Carrots | | 1 | Jam Sponge | | Chicken & Stuffing on White with Fruit Jelly | |
| 2 | Chicken & Vegetable Pie with Mash, Cauliflower and Green Beans | | 2 | Fruit & Custard | | Egg Mayonnaise on Brown with Fruit Jelly | |
| 3 | Shepherds Pie with Peas & Carrots | | Cold | Strawberry Mousse | | | |
| 4 | Spicy Bean Casserole | | Soup | Potato & Leek | | | |

Sunday

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|---|---|--|------|-------------------|--|--|--|
| 1 | Sliced Beef & Yorkshire Pudding with Mash, Peas & Green Beans | | 1 | Coconut Tart | | Cheese & Pickle 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 | Mushroom | | | |