

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 4

Week 4	Option	Main Meal	✓	Option	pudding (Option 1 & 2 come with Custard)	✓	Tea	✓
<u>Monday</u>	1	Irish Stew with Mashed Root Veg, Savoy Cabbage & Mashed Potato		1	Apple Pie		Ham & Cheese on White with Chocolate Mousse	
	2	Chicken and Veg Casserole, Mash, Carrots & Green Beans		2	Rice Pudding		Cheese Savoury on Brown with Chocolate Mousse	
	3	Sausage, Chips & Beans		Cold	Fruit Yoghurt			
	4	Cheese, Onion, Leek & Potato Bake		Soup	Mushroom			
<u>Tuesday</u>	1	Beef Hotpot with Sauté Potatoes Carrots & Green Beans		1	Raspberry Crumble		Ham on White with Fruit Yoghurt	
	2	Sweet & Sour Chicken with Rice, Peas & Peppers		2	Ginger Sponge		Tuna Mayo on Brown with Fruit Yoghurt	
	3	Fish in Parsley sauce with Mash, Green Beans & Carrots		Cold	Fruit Cake			
	4	Vegetable Lasagne		Soup	Scotch Broth			
<u>Wednesday</u>	1	Honey Mustard Chicken with Mash & Mixed Vegetables		1	Jam Sponge		Chicken Mayonnaise on White with Fruit Flapjack	
	2	Cottage Pie with Peas and Carrots		2	Apricot Crumble		Egg Mayo on Brown with Fruit Flapjack	
	3	Tomato & Mozzarella Pasta		Cold	Raspberry Dessert			
	4	Provençale Vegetable Bake		Soup	Potato & Leek			
<u>Thursday</u>	1	Shepherds Pie with Peas & Carrots		1	Bakewell Tart		Egg Mayo on White with Fruit Cake	
	2	Corned Beef Hash with Peas & Carrots		2	Syrup Sponge		Chicken on Brown with Fruit Cake	
	3	Chicken in Gravy with Mash and Mixed Vegetables		Cold	Crispy Jam Tart			
	4	Root Vegetable Spaghetti Bolognaise		Soup	Vegetable			
<u>Friday</u>	1	Breaded Fish and Chips with Peas		1	Apple & Blackberry Pie		Chicken on White with Marble cake	
	2	Sausage Casserole with Carrot & Swede in gravy with Mash and Peas		2	Fruit & Custard		Ham on Brown with Marble cake	
	3	Chicken & Vegetable Pie with Mash, Cauliflower and Green Beans		Cold	Fruit Jelly			
	4	Macaroni Cheese with Green Beans & Carrots		Soup	Chicken			
<u>Saturday</u>	1	Steak & Mushroom Casserole with Mash, Broccoli and Mashed Carrot		1	Apple Crumble		Ham on White with Crispy Jam Tart	
	2	Sweet & Sour Chicken with Rice		2	Sticky Toffee Pudding		Tuna Mayo on Brown with Crispy Jam Tart	
	3	Lamb's Liver & Bacon Casserole with Mash, Green Beans & Carrots		Cold	Fruit Pieces			
	4	Vegetarian Cottage Pie		Soup	Mushroom			
<u>Sunday</u>	1	Chicken breast & Stuffing with Roast Potatoes, Carrots and Sprouts		1	Rhubarb Pie		Cheese & Pickle on White with Fruit Jelly	
	2	Pork Loin & Stuffing with Mash Savoy Cabbage & Carrots		2	Chocolate Sponge		Chicken on Brown with Fruit Jelly	
	3	Beef Lasagne with Carrots & Romano Beans		Cold	Tiramisu			
	4	Cauliflower Cheese & Broccoli Bake		Soup	Scotch Broth			