

## 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 Chasseur with Diced Potatoes, Green Beans & Peas		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

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

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

Thursday

1	Lancashire Hotpot with Carrots and Peas		1	Rhubarb Pie		Ham on White with Fruit Jelly	
2	Fish Pie with a Mashed Potato topping & Carrots.		2	Apricot Sponge		Chicken on Brown with Fruit Jelly	
3	Braised Steak in gravy with Mash & Peas		Cold	Tiramisu			
4	Mushroom Stroganoff served with Rice and Peas		Soup	Vegetable			

Friday

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

1	Corned Beef Hash with Peas & Carrots		1	Jam Sponge		Egg Mayonnaise on White with a Mini Biscuit Pack	
2	Chicken & Vegetable Pie with Mash, Cauliflower and Green Beans		2	Fruit & Custard		Chicken & Stuffing on Brown with a Mini Biscuit Pack	
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	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			