

## 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 3

<b>Week 3</b>	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 on White	
	2	Pork Faggots in gravy with Peas & Mashed Potato		2	Chocolate Sponge		with Iced Bakewell Slice	
	3	Sausage Casserole with Carrot & Swede in gravy with Mash and Peas		Cold	Strawberry Mousse		Cheese & Pickle on Brown	
	4	Omelette, Chips & Beans		Soup	Vegetable		with Iced Bakewell Slice	
<u>Tuesday</u>	1	Shepherds Pie with Peas & Carrots		1	Rice Pudding		Ham & Cheese on White	
	2	Chicken Chasseur with Diced Potatoes, Green Beans & Peas		2	Honey Cake		with Fruit Cake	
	3	Steak & Mushroom Casserole with Mash, Broccoli and Mashed Carrot		Cold	Raspberry Dessert		Chicken on Brown	
	4	Mushroom Stroganoff served with Rice and Peas		Soup	Chicken		with Fruit Cake	
<u>Wednesday</u>	1	Sausage, Chips and Beans		1	Apple & Date Slice		Cheese on White	
	2	Cottage Pie with Peas and Carrots		2	Apricot Sponge		with Raspberry Dessert	
	3	Braised Steak in gravy with Mash & Peas		Cold	Fruit Jelly		Ham on Brown	
	4	Vegetable Curry with Rice		Soup	Mushroom		with Raspberry Dessert	
<u>Thursday</u>	1	Ham in Parsley sauce with Mash, Carrots & Green Beans		1	Sticky Toffee Pudding		Ham & Cheese on White	
	2	Beef Lasagne with Carrots & Romano Beans		2	Apple Crumble		with Chocolate Mousse	
	3	Lambs Liver & Bacon Casserole with Mash, Green Beans & Carrots		Cold	Fruit Yoghurt		Tuna Mayo on Brown	
	4	Tomato & Mozzarella Pasta		Soup	Scotch Broth		with Chocolate Mousse	
<u>Friday</u>	1	Fish in Parsley Sauce with Mash, Green Beans & Carrots		1	Bakewell Tart		Chicken on White	
	2	Chilli Con Carne with Vegetable Rice		2	Coconut Tart		with a Mini Biscuit Pack	
	3	Chicken Hotpot with Sauté Potatoes, Green Veg and Mash Swede		Cold	Apricot & Peach Dessert		Ham on Brown	
	4	Cheese, Onion, Leek & Potato Bake		Soup	Vegetable		with a Mini Biscuit Pack	
<u>Saturday</u>	1	Cumberland Sausages with Mash, Carrots & Peas		1	Apricot Sponge		Egg Mayo on White	
	2	Steak & Kidney Pie with Mash, Carrots & Peas		2	Fruit & Custard		with Fruit Yoghurt	
	3	Cheese & Onion Pie with mashed Potato topping and Romano Beans		Cold	Strawberry Mousse		Chicken Mayonnaise on Brown	
	4	Vegetable Lasagne		Soup	Chicken		with Fruit Yoghurt	
<u>Sunday</u>	1	Sliced Beef & Yorkshire Pudding with Mash , Peas & Green Beans		1	Apple & Blackberry Pie		Ham on White	
	2	Chicken & Mushroom Pie with Mash, Carrots & Green Beans		2	Ginger Sponge		with Apricot & Peach Dessert	
	3	Chicken Curry with Rice		Cold	Fruit Pieces		Egg Mayonnaise on Brown	
	4	Spicy Bean Casserole		Soup	Potato & leek		with Apricot & Peach Dessert	