

## 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 4

| <b>Week 4</b>    | <b>Option</b> | <b>Main Meal</b>                                                    | <b>✓</b> | <b>Option</b> | <b>Soup or Pudding</b><br>(Option 1 & 2 come with Custard) | <b>✓</b> | <b>Tea</b>                                            | <b>✓</b> |
|------------------|---------------|---------------------------------------------------------------------|----------|---------------|------------------------------------------------------------|----------|-------------------------------------------------------|----------|
| <u>Monday</u>    | 1             | Pork Casserole with Cauliflower, Cabbage & Sauté Potatoes           |          | 1             | Apple Pie                                                  |          | Cheese Savoury on White with Manchester Tart          |          |
|                  | 2             | Fish in Parsley Sauce with Mixed Veg, Broccoli & Sautéed Potatoes   |          | 2             | Rice Pudding                                               |          | Ham Cheese & Pickle on Brown with Manchester Tart     |          |
|                  | 3             | Beef Stew with Cabbage, Green Beans & Boiled Potatoes               |          | Cold          | Fruit Yoghurt                                              |          |                                                       |          |
|                  | 4             | Vegetarian Cottage Pie with Carrots & Green Beans                   |          | Soup          | Mushroom Soup                                              |          |                                                       |          |
| <u>Tuesday</u>   | 1             | Chicken Supreme with Mashed Swede, Broccoli & Roast Potatoes        |          | 1             | Strawberry Crumble                                         |          | Ham and Mustard on White with Fruit Yoghurt           |          |
|                  | 2             | Beef Grill with Baked Beans, Peas & Mustard Mash                    |          | 2             | Ginger Sponge                                              |          | Tuna Mayo & Cucumber on Brown with Fruit Yoghurt      |          |
|                  | 3             | Roast Pork with Mixed Veg, Carrots & Roast Potatoes                 |          | Cold          | Date Crumble Slice                                         |          |                                                       |          |
|                  | 4             | Mixed Bean Bake with Seasonal Vegetables & Hash Brown               |          | Soup          | Vegetable Soup                                             |          |                                                       |          |
| <u>Wednesday</u> | 1             | Minced Lamb & Dumpling, Mashed Swede, Cabbage & Boiled Potatoes     |          | 1             | Jam Sponge                                                 |          | Chicken Mayonnaise on White with Apple Pie & Cream    |          |
|                  | 2             | Roast Beef with Peas, Cauliflower & Roast Potatoes                  |          | 2             | Vanilla Sponge                                             |          | Egg Mayo & Cress on Brown with Apple Pie & Cream      |          |
|                  | 3             | Corned Beef Pie, Mushy Peas, Carrots & Mashed Potatoes              |          | Cold          | Iced Bakewell Slice                                        |          |                                                       |          |
|                  | 4             | Vegetarian Sausage with Cabbage, Peas & Mashed Potatoes             |          | Soup          | Minestrone Soup                                            |          |                                                       |          |
| <u>Thursday</u>  | 1             | Sausage & Onion with Peas, Carrots & Sautéed Potatoes               |          | 1             | Bakewell Tart                                              |          | Egg and Cheese on White with Fruit Cake               |          |
|                  | 2             | Roast Chicken with Green Beans, Swede & Boiled Potatoes             |          | 2             | Apple Sponge                                               |          | Coronation Chicken on Brown with Fruit Cake           |          |
|                  | 3             | Beef Lasagne with Garlic Bread, Green Beans & Mixed Veg             |          | Cold          | Sultana Cheesecake                                         |          |                                                       |          |
|                  | 4             | Vegetable Curry with Rice                                           |          | Soup          | Vegetable Soup                                             |          |                                                       |          |
| <u>Friday</u>    | 1             | Fisherman's Pie with Cauliflower, Cabbage & Sautéed Potatoes        |          | 1             | Almond Cherry Sponge                                       |          | Lemon Chicken on White with Sultana Cheesecake        |          |
|                  | 2             | Chicken in Honey Mustard Sauce, Broad Beans, Carrots & Potatoes     |          | 2             | Fruit & Custard                                            |          | Ham & Egg on Brown with Sultana Cheesecake            |          |
|                  | 3             | Sliced Gammon with Green Beans, Cauliflower & Mashed Potatoes       |          | Cold          | Fruit Jelly                                                |          |                                                       |          |
|                  | 4             | Cheesy Vegetable Bake with Broccoli & Boiled Potatoes               |          | Soup          | Mushroom Soup                                              |          |                                                       |          |
| <u>Saturday</u>  | 1             | Cottage Pie with Swede, Sprouts & Boiled Potatoes                   |          | 1             | Apple & Raspberry Pie                                      |          | Ham on White with Fruit Scone & Jam                   |          |
|                  | 2             | Tuna Salad with Jacket Potato                                       |          | 2             | Chocolate Sponge                                           |          | Tuna Mayo & Sweetcorn on Brown with Fruit Scone & Jam |          |
|                  | 3             | Bacon, Sausage, Egg, Tomato & Sautéed Potatoes                      |          | Cold          | Fruit Pieces                                               |          |                                                       |          |
|                  | 4             | Macaroni Cheese with Mixed Vegetables & Broccoli                    |          | Soup          | Chicken Soup                                               |          |                                                       |          |
| <u>Sunday</u>    | 1             | Roast Turkey with Broccoli, Baby Carrots & Mashed Potatoes          |          | 1             | Rhubarb Pie                                                |          | Sausage on White with Fruit Jelly                     |          |
|                  | 2             | Minced Beef & Yorkshire Pudding with Carrots, Peas & Sauté Potatoes |          | 2             | Lemon Sponge                                               |          | Chicken Tikka on Brown with Fruit Jelly               |          |
|                  | 3             | Chilli Con Carne with Rice                                          |          | Cold          | Apple Pie & Cream                                          |          |                                                       |          |
|                  | 4             | Cheese & Potato Pie with Sauté Potatoes & Baked Beans               |          | Soup          | Minestrone Soup                                            |          |                                                       |          |