

## 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 1

### Week 1

Monday

Option	Main Meal	✓	Option	Soup or Pudding (Option 1 & 2 come with Custard)	✓	Tea	✓
1	Roast Beef with Peas, Cauliflower & Roast Potatoes		1	Sticky Toffee Pudding		Tuna Mayo & Cucumber on White with Fruit Yoghurt	
2	Fish with a bread crumb topping with Vegetables & Sauté Potatoes		2	Chocolate Sponge		Ham & Cheese on Brown with Fruit Yoghurt	
3	Chicken & Ham Pie with Peas, Mixed Veg & Mashed Potatoes		Cold	Fruit Jelly			
4	Cheesy Vegetable Bake with Broccoli & Boiled Potatoes		Soup	Chicken Soup			

Tuesday

1	Steak & Kidney Pie with Peas, Carrots & Mashed Potatoes		1	Coconut Tart		Sausage & Mustard on White with Apple Pie & Cream	
2	Pork Casserole with Cauliflower, Cabbage & Sauté Potatoes		2	Almond Sponge		Coronation Chicken on Brown with Apple Pie & Cream	
3	Sliced Gammon with Green Beans, Cauliflower & Mashed Potatoes		Cold	Fruit Yoghurt			
4	Leek & Mushroom Pasta Mornay with Seasonal Vegetables		Soup	Mushroom Soup			

Wednesday

1	Liver & Sausage with Mixed Veg, Green Beans and Mash Potato		1	Apple Pie		Egg Mayonnaise on White with Fruit Pieces	
2	Sweet & Sour Pork with Rice		2	Ginger Sponge		Grated Cheddar Cheese on Brown with Fruit Pieces	
3	Roast Chicken with Green Beans, Swede & Boiled Potatoes		Cold	Manchester Tart			
4	Cheese & Potato Pie with Sauté Potatoes and Baked Beans		Soup	Vegetable Soup			

Thursday

1	Lamb Hotpot & Potato with Mashed Swede, Broccoli, Cauliflower		1	Sweet Mince Pie		Ham and Mustard on White with Iced Bakewell Slice	
2	Cottage Pie with Swede, Sprouts & Boiled Potatoes		2	Apple Sponge		Lemon Chicken on Brown with Iced Bakewell Slice	
3	Chicken Salad with Jacket Potato		Cold	Sultana Cheesecake			
4	Vegetable Curry with Rice		Soup	Minestrone Soup			

Friday

1	Fish in Parsley Sauce with Mixed Veg, Broccoli & Sautéed Potatoes		1	Rice Pudding		Ham Cheese & Pickle on White with Manchester Tart	
2	Roast Turkey with Broccoli, Baby Carrots & Mashed Potatoes		2	Lemon Sponge		Tuna Mayo & Sweetcorn on Brown with Manchester Tart	
3	Meatballs in Sauce with Green Beans, Carrots & Mashed Potatoes		Cold	Fruit Pieces			
4	Macaroni Cheese with Mixed Vegetables and Broccoli		Soup	Chicken Soup			

Saturday

1	Chicken Casserole with Swede, Peas & Mashed Potatoes		1	Sultana Sponge		Chicken Tikka on White with Fruit Jelly	
2	Minced Beef & Yorkshire Pudding with Carrots, Peas & Sauté Potatoes		2	Fruit & Custard		Egg Mayo & Cress on Brown with Fruit Jelly	
3	Sausage, Mash Potatoes & Baked Beans		Cold	Strawberry Mousse			
4	Vegetarian Sausage with Cabbage, Peas & Mashed Potatoes		Soup	Mushroom Soup			

Sunday

1	Roast Pork with Mixed Veg, Carrots & Roast Potatoes		1	Rhubarb Crumble		Cream Cheese on White with Fruit Yoghurt	
2	Beef Grill with Baked Beans, Peas & Mustard Mash		2	Orange Sponge		Chicken Mayonnaise on Brown with Fruit Yoghurt	
3	Fish Cakes in Parsley Sauce with Broccoli, Carrots & Boiled Potatoes		Cold	Fruit Scone & Jam			
4	Vegetarian Cottage Pie with Carrots & Green Beans		Soup	Vegetable Soup			