

# 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 2

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