

Park Care Meals

Please indicate which meals you would like for the week commencing **Monday 21st December** Name.....

Round.....

Only fill in for the days you receive meals



Address.....

Week 4

Week 4

Monday

Option	Main Meal	✓
1	Pork Casserole with Cauliflower, Cabbage & Sauté Potatoes	
2	Fish in Parsley Sauce with Mixed Veg, Broccoli & Sautéed Potatoes	
3	Beef Stew with Cabbage, Green Beans & Boiled Potatoes	
4	Vegetarian Cottage Pie with Carrots & Green Beans	

Option	Soup or Pudding (Option 1 & 2 come with Custard)	✓
1	Apple Pie	
2	Rice Pudding	
Cold	Fruit Yoghurt	
Soup	Mushroom Soup	

Tea	✓
Cheese Savoury on White with Manchester Tart	
Ham Cheese & Pickle on Brown with Manchester Tart	

Tuesday

1	Chicken Supreme with Mashed Swede, Broccoli & Roast Potatoes	
2	Beef Grill with Baked Beans, Peas & Mustard Mash	
3	Roast Pork with Mixed Veg, Carrots & Roast Potatoes	
4	Mixed Bean Bake with Seasonal Vegetables & Hash Brown	

1	Strawberry Crumble	
2	Ginger Sponge	
Cold	Date Crumble Slice	
Soup	Vegetable Soup	

Ham and Mustard on White with Fruit Yoghurt	
Tuna Mayo & Cucumber on Brown with Fruit Yoghurt	

Wednesday

1	Minced Lamb & Dumpling, Mashed Swede, Cabbage & Boiled Potatoes	
2	Roast Beef with Peas, Cauliflower & Roast Potatoes	
3	Corned Beef Pie, Mushy Peas, Carrots & Mashed Potatoes	
4	Vegetarian Sausage with Cabbage, Peas & Mashed Potatoes	

1	Jam Sponge	
2	Vanilla Sponge	
Cold	Iced Bakewell Slice	
Soup	Minestrone Soup	

Chicken Mayonnaise on White with Apple Pie & Cream	
Egg Mayo & Cress on Brown with Apple Pie & Cream	

Thursday

1	Sausage & Onion with Peas, Carrots & Sautéed Potatoes	
2	Chicken in Honey Mustard Sauce, Broad Beans, Carrots & Potatoes	
3	Beef Lasagne with Garlic Bread, Green Beans & Mixed Veg	
4	Vegetable Curry with Rice	

1	Bakewell Tart	
2	Apple Sponge	
Cold	Sultana Cheesecake	
Soup	Vegetable Soup	

Egg and Cheese on White with Fruit Pieces	
Coronation Chicken on Brown with Fruit Pieces	

Christmas Day
£10.00

Three Course Christmas Turkey Dinner	
Vegetable Soup, Christmas Dinner, Christmas Pudding and Mince Pie *	

Lemon Chicken on White with Sultana Cheesecake	
Ham & Egg on Brown with Sultana Cheesecake	

Boxing Day
£10.00

Three Course Roast Beef Dinner	
Minestrone Soup, Roast Beef Dinner, Apple Pie and Mince Pie *	

Ham on White with Fruit Scone & Jam	
Tuna Mayo & Sweetcorn on Brown with Fruit Scone & Jam	

Sunday

1	Sliced Gammon with Green Beans, Cauliflower & Mashed Potatoes	
2	Minced Beef & Yorkshire Pudding with Carrots, Peas & Sauté Potatoes	
3	Chilli Con Carne with Rice	
4	Cheese & Potato Pie with Sauté Potatoes & Baked Beans	

1	Rhubarb Pie	
2	Lemon Sponge	
Cold	Apple Pie & Cream	
Soup	Minestrone Soup	

Sausage & Mustard on White with Fruit Jelly	
Chicken Tikka on Brown with Fruit Jelly	

Note - * if you would like an alternative on Christmas day or Boxing day, please contact your local branch and we will endeavour to cater for your requirements.