

# 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 4

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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	Vegetable 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	✓
Corned Beef & Pickle on White with Fruit Jelly	
Ham on Brown with Fruit Jelly	

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	Orange Sponge	
Cold	Date Crumble Slice	
Soup	Vegetable Soup	

Cheese & Pickle on White with Apple Pie & Cream	
Egg Mayonnaise on Brown with Apple Pie & Cream	

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	

Ham & Cheese on White with Fruit Yoghurt	
Chicken on Brown with Fruit Yoghurt	

Thursday

1	Sausage & Onion with Peas, Carrots & Sautéed Potatoes	
2	Roast Chicken with Green Beans, Swede & Boiled 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	

Tuna Mayonnaise on White with Fruit Pieces	
Cheese on Brown with Fruit Pieces	

Friday

1	Fisherman's Pie with Cauliflower, Cabbage & Sautéed Potatoes	
2	Chicken in Honey Mustard Sauce, Broad Beans, Carrots & Potatoes	
3	Sliced Gammon with Green Beans, Cauliflower & Mashed Potatoes	
4	Cheesy Vegetable Bake with Broccoli & Boiled Potatoes	

1	Almond Cherry Sponge	
2	Fruit & Custard	
Cold	Fruit Jelly	
Soup	Mushroom Soup	

Chicken & Stuffing on White with Sultana Cheesecake	
Tuna & Cheese on Brown with Sultana Cheesecake	

Saturday

1	Cottage Pie with Swede, Sprouts & Boiled Potatoes	
2	Tuna Salad with Jacket Potato	
3	Bacon, Sausage, Egg, Tomato & Sautéed Potatoes	
4	Macaroni Cheese with Mixed Vegetables & Broccoli	

1	Apple & Raspberry Pie	
2	Chocolate Sponge	
Cold	Fruit Pieces	
Soup	Chicken Soup	

Ham on White with Fruit Scone & Jam	
Cheese & Onion on Brown with Fruit Scone & Jam	

Sunday

1	Roast Turkey with Broccoli, Baby Carrots & 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	

Egg & Cheese on White with Manchester Tart	
Beef & Tomato on Brown with Manchester Tart	