

•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 3

<b>Week 3</b>	Option	Main Meal	✓	Option	Soup or Pudding (Option 1 & 2 come with Custard)	✓	Tea	✓
<u>Monday</u>	1	Lamb Hotpot & Potato with Mashed Swede, Broccoli & Cauliflower		1	Jam Sponge		Ham on White	
	2	Roast Pork with Mixed Veg, Carrots & Roast Potatoes		2	Chocolate Sponge		with Iced Bakewell Slice	
	3	Steak & Kidney Pie with Peas, Carrots & Mashed Potatoes		Cold	Apple Pie & Cream		Chicken on Brown	
	4	Macaroni Cheese with Mixed Vegetables & Broccoli		Soup	Vegetable Soup		with Iced Bakewell Slice	
<u>Tuesday</u>	1	Shepherd's Pie with Green Beans, Baby Carrots & Boiled Potatoes		1	Rice Pudding		Turkey on White	
	2	Chicken Curry with Rice		2	Lemon Sponge		with Date Crumble Slice	
	3	Fish in Parsley Sauce with Mixed Veg, Broccoli & Sautéed Potatoes		Cold	Sultana Cheesecake		Tuna & Cheese on Brown	
	4	Vegetable Cottage Pie with Carrots & Green Beans		Soup	Minestrone Soup		with Date Crumble Slice	
<u>Wednesday</u>	1	Minced Beef & Yorkshire Pudding with Carrots, Peas & Sauté Potatoes		1	Date Slice		Egg Mayonnaise on White	
	2	Ham Salad with Jacket Potato		2	Orange Sponge		with Apple Pie & Cream	
	3	Roast Turkey with Broccoli, Baby Carrots & Mashed Potatoes		Cold	Fruit Jelly		Corned Beef & Pickle on Brown	
	4	Cheese & Potato Pie with Sauté Potatoes & Baked Beans		Soup	Chicken Soup		with Apple Pie & Cream	
<u>Thursday</u>	1	Chicken & Ham Pie with Peas, Mixed Veg & Mashed Potatoes		1	Sticky Toffee Pudding		Tuna Mayonnaise on White	
	2	Meatballs with Green Beans, Carrots & Mashed Potatoes		2	Vanilla Sponge		with Fruit Pieces	
	3	Roast Beef with Peas, Cauliflower & Roast Potatoes		Cold	Fruit Yoghurt		Cheese & Onion on Brown	
	4	Vegetarian Sausage with Cabbage, Peas & Mashed Potatoes		Soup	Mushroom Soup		with Fruit Pieces	
<u>Friday</u>	1	Fish Cakes in Parsley Sauce with Broccoli, Carrots & Boiled Potatoes		1	Lemon Bakewell Tart		Beef & Tomato on White	
	2	Chicken Casserole with Swede, Peas & Mashed Potatoes		2	Almond Sponge		with Fruit Jelly	
	3	Sausage, Mash Potatoes & Baked Beans		Cold	Manchester Tart		Egg Mayonnaise on Brown	
	4	Cheesy Vegetable Bake with Broccoli & Boiled Potatoes		Soup	Vegetable Soup		with Fruit Jelly	
<u>Saturday</u>	1	Sliced Gammon with Green Beans, Cauliflower & Mashed Potatoes		1	Apricot Sponge		Cheese & Pickle on White	
	2	Liver & Onions with Swede, Carrots & Boiled Potatoes		2	Fruit & Custard		with Sultana Cheesecake	
	3	Cottage Pie with Swede, Sprouts & Boiled Potatoes		Cold	Strawberry Mousse		Ham on Brown	
	4	Leek & Mushroom Pasta Mornay with Seasonal Vegetables		Soup	Minestrone Soup		with Sultana Cheesecake	
<u>Sunday</u>	1	Roast Chicken with Green Beans, Swede & Boiled Potatoes		1	Apple & Blackberry Pie		Chicken & Stuffing on White	
	2	Bacon, Sausage, Egg, Tomato & Sautéed Potatoes		2	Ginger Sponge		with Fruit Yoghurt	
	3	Beef & Onion Pie with Mashed Swede, Baby Carrots & Mash Potatoes		Cold	Fruit Pieces		Tuna & Cheese on Brown	
	4	Cauliflower & Broccoli Bake with Peas & Sauté Potatoes		Soup	Chicken Soup		with Fruit Yoghurt	

