

## Meals at Home Menu - week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE OPTION 1</b>	Home made Cottage Pie (V) with boiled potatoes, vichy carrots and broccoli florets	Chunky chicken casserole (V) and herb dumplings with seasonal mixed vegetables and Lyonnaise potatoes	Roasted pork loin (V) with honey roast potatoes, creamed potato, brussel sprouts and buttered mashed turnip	Steak & mushroom pie with glazed sliced green beans, baton carrots and duchess potatoes	Battered cod with chips and mushy peas	Lincolnshire sausage (V) in caramelised onion gravy with sweet buttered carrots, seasonal mixed cabbage & mustard mashed potato	Mustard coated roast beef & Yorkshire puddings with mashed potatoes, roast potatoes, almond & bacon brussel sprouts and turnip
<b>MAIN COURSE OPTION 2</b>	Grilled gammon & pineapple with boiled potatoes, vichy carrots and broccoli florets	Ocean pie with seasonal mixed vegetables and Lyonnaise potatoes		Chicken curry (V) with boiled rice	Poached cod in parsley sauce with boiled new potatoes and garden peas	Beef hotpot	
<b>MAIN COURSE OPTION 3</b>	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)
<b>DESSERT OPTION 1</b>	Apple & sultana crumble and custard	Fresh fruit salad and whipped cream	Strawberry jam sponge and custard	Jamaican ginger cake and vanilla sauce	Creamed rice pudding	Treacle sponge and custard	Fruit trifle
<b>DESSERT OPTION 2</b>	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt
<b>Order</b> Please make your selections	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Home made cottage pie (V) <input type="checkbox"/> Grilled gammon <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Apple & sultana crumble <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Chicken casserole (V) <input type="checkbox"/> Ocean pie <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Fresh fruit salad <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Roasted pork loin (V) <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Strawberry jam sponge <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Steak & mushroom pie <input type="checkbox"/> Chicken curry (V) <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Jamaican ginger cake <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Battered cod & chips <input type="checkbox"/> Poached cod <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Creamed rice pudding <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Lincolnshire sausage (V) <input type="checkbox"/> Beef hotpot <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Treacle sponge <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Mustard coated roast beef <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Fruit trifle <input type="checkbox"/> Choice of yoghurt

Allergens – Please tell us of any allergies or intolerances you have .....

.....

Name: .....

Address: .....

## Meals at Home Menu - week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE OPTION 1</b>	Minced beef cobbler (V) with creamed potatoes, baton carrots & glazed green beans	Sage chicken & mushroom pie (V) with boiled new potatoes, broccoli florets and buttered sweetcorn	Roasted leg of lamb with honey roast potatoes, creamed potato, minted garden peas and sweet glazed carrots	Braised steak & onion in ale gravy with horseradish creamed potatoes, peppered turnip and mixed green cabbage	Battered cod with chips and mushy peas	Mustard & honey glazed pork steak with duchess potatoes, broccoli florets and glazed carrots	Roasted chicken (V), stuffing & Yorkshire puddings with sage mashed potatoes, roast potatoes, brussel sprouts and buttered swede
<b>MAIN COURSE OPTION 2</b>	Pork in apple and cider gravy with creamed potatoes, baton carrots & glazed green beans	Salmon & dill butter with boiled new potatoes, broccoli florets and buttered sweetcorn		Chicken & leek bake (V) with horseradish creamed potatoes, peppered turnip and mixed green cabbage	Poached cod in mornay sauce with boiled new potatoes and garden peas	Traditional Irish lamb stew with duchess potatoes, broccoli florets and glazed carrots	
<b>MAIN COURSE OPTION 3</b>	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)
<b>DESSERT OPTION 1</b>	Rhubarb and strawberry crumble and vanilla sauce	Fresh fruit salad and double cream	Double chocolate cake and custard	Lemon meringue pie and cream	Creamed rice pudding	Traditional spotted dick and custard	Fresh strawberry trifle
<b>DESSERT OPTION 2</b>	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt
<b>Order</b> Please make your selections	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Minced beef cobbler (V) <input type="checkbox"/> Pork in apple & cider gravy <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Rhubarb & strawberry crumble <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Chicken & mushroom pie (V) <input type="checkbox"/> Salmon & dill butter <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Fresh fruit salad <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Roasted leg of lamb <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Double chocolate cake <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Braised steak & onion <input type="checkbox"/> Chicken & leek bake (V) <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Lemon meringue pie <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Battered cod & chips <input type="checkbox"/> Poached cod <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Creamed rice pudding <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Honey glazed pork <input type="checkbox"/> Traditional Irish lamb stew <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Traditional spotted dick <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Roasted chicken (V) <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Fresh strawberry trifle <input type="checkbox"/> Choice of yoghurt

Allergens – Please tell us of any allergies or intolerances you have .....

.....

Name: .....

Address: .....

## Meals at Home Menu - week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE OPTION 1</b>	Homemade mince pie (V) with creamed potato, glazed carrots and green beans	Baked haddock in cheese sauce with parsley potatoes, mashed turnip and peas	Boiled brisket of beef with roast potatoes, spring onion mash, Yorkshire pudding, carrots and broccoli	Chicken breast (V) in a mushroom sauce with green beans and turnip	Battered cod with chips and mushy peas	Minted lamb hotpot with new potatoes, cabbage and carrots	Roast loin of pork with creamed mashed potatoes, roast potatoes, turnip, brussel sprouts and sage & onion stuffing
<b>MAIN COURSE OPTION 2</b>	Sweet & sour chicken (V) with boiled rice	Pork & leek sausage casserole (V) with parsley potatoes, mashed turnip and peas		Homemade meatballs in a tomato sauce with fusilli pasta	Poached cod with parsley sauce with boiled potatoes and garden peas	Chilli Con Carne (V) with boiled rice	
<b>MAIN COURSE OPTION 3</b>	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)
<b>DESSERT OPTION 1</b>	Pear & ginger crumble and vanilla custard	Fresh fruit salad and cream	Apple pie and cream	Homemade strawberry gateau	Creamy rice pudding	Jam sponge and custard	Fruit trifle
<b>DESSERT OPTION 2</b>	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt
<b>Order</b> Please make your selections	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Homemade mince pie (V) <input type="checkbox"/> Sweet & sour chicken (V) <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Pear & ginger crumble <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Baked haddock in cheese sauce <input type="checkbox"/> Sausage casserole (V) <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Fresh fruit salad <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Boiled brisket of beef <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Apple pie & cream <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Chicken breast (V) <input type="checkbox"/> Homemade meatballs <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Homemade strawberry gateau <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Battered cod & chips <input type="checkbox"/> Poached cod <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Creamy rice pudding <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Minted lamb hotpot <input type="checkbox"/> Chilli Con Carne (V) <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Jam sponge & custard <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Roast loin of pork <input type="checkbox"/> Salad of the day (V)  <b>DESSERT (choose one)</b> <input type="checkbox"/> Fruit trifle <input type="checkbox"/> Choice of yoghurt

Allergens – Please tell us of any allergies or intolerances you have .....

.....

Name: .....

Address: .....

## Meals at Home Menu - week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE OPTION 1</b>	Hearty beef mince & leek (V) dumpling with spring onion mashed potato, baton carrots and garden peas	Chicken Provençal (V) with boiled new potatoes, mixed glazed cabbage and sweetcorn	Tender roasted turkey with sage & onion stuffing, Yorkshire puddings, mashed turnip, brussel sprouts creamed potatoes and roasted potatoes	Honey roast ham with new potatoes, mixed cabbage and glazed vichy carrots	Battered cod with chips and mushy peas	Chicken hotpot (V) with duchess potatoes, broccoli florets and glazed carrots	Roasted lamb & Yorkshire puddings with mashed potatoes, honey roast potatoes, buttered brussel sprouts and mashed turnip
<b>MAIN COURSE OPTION 2</b>	Salmon & broccoli bake with spring onion mashed potato, baton carrots and garden peas	<b>Chefs Special</b> Beef Goulash or Chicken stir-fry (V)		Lasagne (V) with garlic bread and salad	Poached cod with boiled new potatoes and garden peas	Pasta Carbonara with duchess potatoes, broccoli florets and glazed carrots	
<b>MAIN COURSE OPTION 3</b>	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)	Salad of the day (V)
<b>DESSERT OPTION 1</b>	Apricot crumble and vanilla custard	Fresh raspberry fool	Sticky toffee pudding and butterscotch sauce	Double chocolate and coffee mousse	Creamed rice pudding	Pineapple & cherry upside down cake and vanilla custard	Fresh strawberry trifle
<b>DESSERT OPTION 2</b>	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt	Choice of yoghurt
<b>Order</b> Please make your selections	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Hearty Beef mince & leek (V) <input type="checkbox"/> Salmon & broccoli bake <input type="checkbox"/> Salad of the day (V) <b>DESSERT (choose one)</b> <input type="checkbox"/> Apricot crumble <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Chicken Provençal (V) <input type="checkbox"/> Beef Goulash <input type="checkbox"/> Stir-fry (V) <input type="checkbox"/> Salad of the day (V) <b>DESSERT (choose one)</b> <input type="checkbox"/> Fresh fruit salad <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Tender roasted turkey <input type="checkbox"/> Salad of the day (V) <b>DESSERT (choose one)</b> <input type="checkbox"/> Sticky toffee pudding <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Honey roast ham <input type="checkbox"/> Lasagne (V) <input type="checkbox"/> Salad of the day (V) <b>DESSERT (choose one)</b> <input type="checkbox"/> Chocolate & coffee mousse <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Battered cod & chips <input type="checkbox"/> Poached cod <input type="checkbox"/> Salad of the day (V) <b>DESSERT (choose one)</b> <input type="checkbox"/> Creamed rice pudding <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Chicken hotpot (V) <input type="checkbox"/> Pasta Carbonara <input type="checkbox"/> Salad of the day (V) <b>DESSERT (choose one)</b> <input type="checkbox"/> Pineapple & cherry cake <input type="checkbox"/> Choice of yoghurt	<b>MAIN COURSE (choose one)</b> <input type="checkbox"/> Roasted lamb <input type="checkbox"/> Salad of the day (V) <b>DESSERT (choose one)</b> <input type="checkbox"/> Fresh strawberry trifle <input type="checkbox"/> Choice of yoghurt

Allergens – Please tell us of any allergies or intolerances you have .....

.....

Name: .....

Address: .....