

# MEALS ON WHEELS SAMPLE MENU

All mains are served with a selection of vegetables \*Fish will be Pollock

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<b>Monday</b>	<b>Beef Hotpot</b> <i>Sticky Toffee Pudding &amp; Custard</i>	<b>Irish Stew</b> <i>Chocolate Chip Sponge &amp; Custard</i>	<b>Steak &amp; Mushroom Casserole</b> <i>Sticky Toffee Pudding &amp; Custard</i>	<b>Chicken &amp; Vegetable Pie</b> <i>Chocolate Chip Pudding with Salted Caramel &amp; Custard</i>	<b>Cottage Pie</b> <i>Apple Pie &amp; Custard</i>	<b>Lancashire Hotpot</b> <i>Chocolate Chip Sponge &amp; Custard</i>
<b>Tuesday</b>	<b>Chicken &amp; Veg Casserole</b> <i>Bakewell Tart &amp; Custard</i>	<b>Chicken &amp; Leek Hotpot</b> <i>Apricots &amp; Custard</i>	<b>Sliced Turkey</b> <i>Apples &amp; Custard</i>	<b>Beef Hotpot</b> <i>Apple Crumble &amp; Custard</i>	<b>Sliced Pork</b> <i>Apricots &amp; Custard</i>	<b>Pork Sausages</b> <i>Spotted Dick &amp; Custard</i>
<b>Wednesday</b>	<b>Pork &amp; Root Veg Casserole</b> <i>Somerset Apple Cake &amp; Custard</i>	<b>Cumberland Sausage</b> <i>Spotted Dick &amp; Custard</i>	<b>Pork Steakette</b> <i>Summer Fruit Crumble &amp; Custard</i>	<b>Sliced Pork</b> <i>Spotted Dick &amp; Custard</i>	<b>Chicken Supreme</b> <i>Mixed Fruit Pie &amp; Custard</i>	<b>Sliced Chicken</b> <i>Pears &amp; Custard</i>
<b>Thursday</b>	<b>Sliced Beef</b> <i>Lemon Sponge &amp; Custard</i>	<b>Steak &amp; Kidney Pie</b> <i>Apple Sponge &amp; Custard</i>	<b>Chicken Chasseur</b> <i>Lemon Sponge &amp; Custard</i>	<b>Savoury Mince</b> <i>Pineapple Sponge &amp; Custard</i>	<b>Lambs Liver</b> <i>Apple Sponge &amp; Custard</i>	<b>Beef Stew &amp; Dumplings</b> <i>Bakewell Tart &amp; Custard</i>
<b>Friday</b>	<b>*Fish with Mash Potato</b> <i>Apple Crumble &amp; Custard</i>	<b>All Day Breakfast</b> <i>Rhubarb Crumble &amp; Custard</i>	<b>*Fish with Mash Potato</b> <i>Mixed Fruit Pie &amp; Custard</i>	<b>Minted Lamb &amp; Dumpling</b> <i>Sticky Toffee Pudding &amp; Custard</i>	<b>Minced Beef &amp; Onion Pie</b> <i>Summer Fruit Crumble &amp; Custard</i>	<b>Shepherd's Pie</b> <i>Apricot Crumble &amp; Custard</i>
<b>Saturday</b>	<b>Cottage Pie</b> <i>Peaches &amp; Custard</i>	<b>Chicken &amp; Vegetable Pie</b> <i>Pineapple Sponge &amp; Custard</i>	<b>Pork &amp; Root Veg Casserole</b> <i>Chocolate Chip Sponge &amp; Custard</i>	<b>Steak &amp; Kidney Pie</b> <i>Peaches &amp; Custard</i>	<b>Chicken &amp; Leek Hotpot</b> <i>Somerset Apple Cake &amp; Custard</i>	<b>Sweet &amp; Sour Chicken</b> <i>Apples &amp; Custard</i>
<b>Sunday</b>	<b>Sliced Turkey</b> <i>Summer Fruit Crumble &amp;</i>	<b>Sliced Pork</b> <i>Bakewell Tart &amp; Custard</i>	<b>Sliced Beef</b> <i>Apple Pie &amp; Custard</i>	<b>Chicken Breast</b> <i>Bakewell Tart &amp; Custard</i>	<b>Sliced Beef</b> <i>Rhubarb Crumble &amp; Custard</i>	<b>Pork Loin</b> <i>Mixed Fruit Pie &amp; Custard</i>