

Community Meals Menu Card

MONDAY MAIN COURSES	✓	MONDAY DESSERTS	✓
1. Sliced Chicken and Vegetables		Hot Stick Toffee Pudding	
2. Shepherds Pie		Cold Fruit Cocktail	
VEG Cheesy Vegetable Bake		Reduced Sugar – Blackcurrant pie	
TUESDAY MAIN COURSES		TUESDAY DESSERTS	
1. Beef Stew & Dumplings		Hot Ginger Sponge	
2. Chicken & Mushroom Pie		Cold Strawberry Trifle	
VEG Cauliflower & Spinach Curry		Reduced Sugar – Semolina with Apple	
WEDNESDAY MAIN COURSES		WEDNESDAY DESSERTS	
1. Sausage in Onion Gravy		Hot Apple Crumble	
2. Fish Pie		Cold Caramel Sundae	
VEG Spanish Omelette		Reduced Sugar – Apple & Blackberry Crumble	
THURSDAY MAIN COURSES		THURSDAY DESSERTS	
1. Pork Casserole		Hot Syrup Sponge	
2. Steak & Kidney Pie		Cold Coffee Dessert	
VEG Pasta, Mushroom, Broccoli Bake		Reduced Sugar – Lemon Sponge	
FRIDAY MAIN COURSES		FRIDAY DESSERTS	
1. Lancashire Hotpot		Hot Bakewell Tart	
2. Beef Bourguignon		Cold Chocolate Mousse	
VEG Macaroni Cheese		Reduced Sugar - Golden Syrup Sponge	
SATURDAY MAIN COURSES		SATURDAY DESSERTS	
1. Fish in Parsley Sauce		Hot Apricot Crumble	
2. Chicken & Mushroom Pie		Cold Vanilla Ice Cream	
VEG Mushroom and Leek Pasta		Reduced Sugar – Fruit Bread Pudding	
SUNDAY MAIN MEALS		SUNDAY DESSERTS	
1. Turkey with Stuffing		Hot Jam Sponge	
2. Shepherd's Pie		Cold Strawberry Trifle	
VEG Lasagne		Reduced Sugar – Mixed Fruit	

If you have any dietary requirements please speak with a member of the team
 on 01483 503010