

Meals at Home Menu Card

Week 1

Please choose a main course and dessert for each day you would like a meal. If you would also like the soup option, please tick the box. This carries a small additional charge.

| | MAIN COURSE | DESSERT | OPTIONAL SOUP |
|-------|---------------------------------|-------------------------------|-------------------|
| MON | Ham in Parsley Sauce | Orange Sponge | Lentil |
| | Beef Hotpot | Bread & Butter Pudding | |
| | Macaroni Cheese (V) | Apple Pie (RS) | |
| TUES | Chicken Chasseur | Rhubarb Crumble | Scotch Broth |
| | Fish Cakes | Stewed Apple & Custard | |
| | Cauliflower & Broccoli Bake (V) | Golden Syrup Sponge (RS) | |
| WED | Braised Steak | Apple Pie | Potato & Leek |
| | Lancashire Hotpot | Ginger Sponge | |
| | Omelette & Chips (V) | Lemon Sponge (RS) | |
| THURS | Savoury Minced Beef | Treacle Tart | Pea & Ham |
| | Chicken & Vegetable Pie | Apricot Crumble | |
| | Cheesy Vegetable Bake (V) | Blackcurrant Pie (RS) | |
| FRI | Pork Steakette | Jam Roly Poly | Chunky Vegetable |
| | Fisherman's Pie | Plum & Cherry Pie | |
| | Vegetable Hotpot (V) | Rhubarb Crumble (RS) | |
| SAT | Minted Lamb & Dumplings | Plum & Cherry Crumble | Tomato Soup |
| | All Day Breakfast | Choc Chip Sponge & Sauce | |
| | Vegetarian Cottage Pie (V) | Apple/Blackberry Crumble (RS) | |
| SUN | Beef with Roast Potatoes | Sticky Toffee Pudding | Cream of Mushroom |
| | Chicken Breast | Blackcurrant Sponge | |
| | Vegetarian Sausage & Mash (V) | Sultana Sponge (RS) | |

V = Vegetarian RS = Reduced Sugar

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Meals at Home Menu Card

Week 2

Please choose a main course and dessert for each day you would like a meal. If you would also like the soup option, please tick the box. This carries a small additional charge.

| | MAIN COURSE | DESSERT | OPTIONAL SOUP |
|-------|---------------------------------|-----------------------------|------------------|
| MON | Lamb & Vegetable Casserole | Lemon Sponge | Scotch Broth |
| | Chicken & Mushroom Pie | Apple & Blackberry Crumble | |
| | Lentil & Vegetable Pie (V) | Jam Roly Poly (RS) | |
| TUES | Vienna Steak | Choc Chip Sponge & Sauce | Potato & Leek |
| | Cumberland Sausage | Bakewell Tart | |
| | Cheese & Onion Pie (V) | Stewed Apple & Custard (RS) | |
| WED | Beef Stew & Dumplings | Blackcurrant Pie | Pea & Ham |
| | Salmon Supreme | Summer Fruit Pie | |
| | Vegetable Lasagne (V) | Lemon Sponge (RS) | |
| THURS | Chicken Supreme | Lemon Sponge | Chunky Vegetable |
| | Lambs Liver & Onion Gravy | Semolina & Apple | |
| | Vegetable Hotpot (V) | Golden Syrup Sponge (RS) | |
| FRI | Shepherds Pie | Apple Crumble | Tomato |
| | Fish in Parsley Sauce | Baked Fruit Bread Pudding | |
| | Macaroni Cheese (V) | Rhubarb Crumble (RS) | |
| SAT | Pork & Root Vegetable Casserole | Golden Syrup Sponge | Lentil |
| | Minced Beef & Onion Pie | Lemon/Summer Fruit Sponge | |
| | Cauliflower & Broccoli Bake (V) | Apple Pie (RS) | |
| SUN | Sliced Turkey with Stuffing | Spotted Dick | Chicken Soup |
| | Pork Loin & Stuffing | Stewed Apple & Rice | |
| | Vegetable Curry (V) | Blackcurrant Pie (RS) | |

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Week 3

Please choose a main course and dessert for each day you would like a meal. If you would also like the soup option, please tick the box. This carries a small additional charge.

| | MAIN COURSE | DESSERT | OPTIONAL SOUP |
|-------|------------------------------|-------------------------------|-------------------|
| MON | Chicken & Bacon Hotpot | Ginger Sponge | Potato & Leek |
| | Fish in Butter | Plum & Cherry Crumble | |
| | Cheesy Vegetable Bake (V) | Golden Syrup Sponge (RS) | |
| TUES | Steak & Mushroom Casserole | Bread & Butter Pudding | Pea & Ham |
| | All Day Breakfast | Orange Sponge | |
| | Omelette & Chips (V) | Apple Pie (RS) | |
| WED | Sausage in Onion Gravy | Apricot Crumble | Chunky Vegetable |
| | Cottage Pie | Jam Roly Poly | |
| | Vegetable Sausage & Mash (V) | Sultana Sponge (RS) | |
| THURS | Ham & Leek Crumble | Stewed Apple & Custard | Lentil |
| | Corned Beef Hash | Treacle Tart | |
| | Macaroni Cheese (V) | Apple/Blackberry Crumble (RS) | |
| FRI | Lancashire Hotpot | Plum & Cherry Pie | Scotch Broth |
| | Sweet & Sour Chicken | Sticky Toffee Pudding | |
| | Lentil & Vegetable Pie (V) | Jam Roly Poly (RS) | |
| SAT | Chicken in Gravy | Blackcurrant Sponge | Cream of Mushroom |
| | Salmon Crumble | Apple Pie | |
| | Vegetable Hotpot (V) | Stewed Apple & Custard (RS) | |
| SUN | Lamb in Gravy | Bakewell Tart | Tomato Soup |
| | Beef with Roast Potatoes | Rhubarb Crumble | |
| | Cheese & Onion Pie (V) | Lemon Sponge (RS) | |

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Meals at Home Menu Card

Week 4

Please choose a main course and dessert for each day you would like a meal. If you would also like the soup option, please tick the box. This carries a small additional charge.

| | MAIN COURSE | DESSERT | OPTIONAL SOUP |
|-------|---------------------------------|-----------------------------|-------------------|
| MON | Minted Lamb & Dumplings | Sultana Sponge | Pea & Ham |
| | Cumberland Sausage | Semolina with Apple | |
| | Omelette & Chips (V) | Apple Crumble (RS) | |
| TUES | MAIN COURSE | DESSERT | OPTIONAL SOUP |
| | Lemon & Ginger Chicken | Stewed Apple & Rice | Lentil |
| | Beef Lasagne | Golden Syrup Sponge | |
| | Vegetable Lasagne (V) | Blackcurrant Pie (RS) | |
| WED | MAIN COURSE | DESSERT | OPTIONAL SOUP |
| | Chicken & Vegetable Casserole | Summer Fruit Pie | Cream of Mushroom |
| | Meatballs & Mushy Peas | Apple Crumble | |
| | Macaroni Cheese (V) | Sultana Sponge (RS) | |
| THURS | MAIN COURSE | DESSERT | OPTIONAL SOUP |
| | Fish in Butter Sauce | Baked Fruit Bread Pudding | Potato & Leek |
| | Lamb & vegetable Casserole | Blackcurrant Pie | |
| | Cauliflower & Broccoli Bake (V) | Rhubarb Crumble (RS) | |
| FRI | MAIN COURSE | DESSERT | OPTIONAL SOUP |
| | Chicken Curry | Lemon/Summer Fruit Sponge | Scotch Broth |
| | Steak & Kidney Pie | Bakewell Tart | |
| | Cheesy Vegetable Bake (V) | Stewed Apple & Custard (RS) | |
| SAT | MAIN COURSE | DESSERT | OPTIONAL SOUP |
| | Shepherd's Pie | Apple & Blackberry Crumble | Chicken Soup |
| | Breaded Fish & Mash | Spotted Dick | |
| | Vegetable Cottage Pie (V) | Jam Roly Poly (RS) | |
| SUN | MAIN COURSE | DESSERT | OPTIONAL SOUP |
| | Chicken Breast | Treacle Tart | Chunky Vegetable |
| | Pork in Gravy | Lemon Sponge | |
| | Omelette & Chips (V) | Golden Syrup Sponge (RS) | |

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