

# 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	Chicken Chasseur	<input type="checkbox"/>	Orange Sponge	<input type="checkbox"/>	Lentil	<input type="checkbox"/>
	Minced Pork & Potato Pie	<input type="checkbox"/>	Bread & Butter Pudding	<input type="checkbox"/>		<input type="checkbox"/>
	Macaroni Cheese (V)	<input type="checkbox"/>	Apple Pie (RS)	<input type="checkbox"/>		<input type="checkbox"/>
TUES	Cottage Pie	<input type="checkbox"/>	Rhubarb Crumble	<input type="checkbox"/>	Scotch Broth	<input type="checkbox"/>
	Fish & Mash	<input type="checkbox"/>	Stewed Apple & Custard	<input type="checkbox"/>		<input type="checkbox"/>
	Cauliflower & Broccoli Bake (V)	<input type="checkbox"/>	Golden Syrup Sponge (RS)	<input type="checkbox"/>		<input type="checkbox"/>
WED	Pork Steakette	<input type="checkbox"/>	Apple Pie	<input type="checkbox"/>	Potato & Leek	<input type="checkbox"/>
	Lancashire Hotpot	<input type="checkbox"/>	Ginger Sponge	<input type="checkbox"/>		<input type="checkbox"/>
	Vegetable Lasagne (V)	<input type="checkbox"/>	Rhubarb Crumble (RS)	<input type="checkbox"/>		<input type="checkbox"/>
THURS	Irish Stew	<input type="checkbox"/>	Treacle Tart	<input type="checkbox"/>	Pea & Ham	<input type="checkbox"/>
	Chicken & Vegetable Pie	<input type="checkbox"/>	Apricot Crumble	<input type="checkbox"/>		<input type="checkbox"/>
	Vegetarian Pasta Bake (V)	<input type="checkbox"/>	Blackcurrant Pie (RS)	<input type="checkbox"/>		<input type="checkbox"/>
FRI	Steak & Kidney Pie	<input type="checkbox"/>	Jam Sponge	<input type="checkbox"/>	Chunky Vegetable	<input type="checkbox"/>
	Fish Pie	<input type="checkbox"/>	Plum & Cherry Pie	<input type="checkbox"/>		<input type="checkbox"/>
	Omelette & Chips (V)	<input type="checkbox"/>	Lemon Sponge (RS)	<input type="checkbox"/>		<input type="checkbox"/>
SAT	Minted Lamb & Dumplings	<input type="checkbox"/>	Plum & Cherry Crumble	<input type="checkbox"/>	Tomato & Vegetable	<input type="checkbox"/>
	Vienna Steak	<input type="checkbox"/>	Jam Roly Poly	<input type="checkbox"/>		<input type="checkbox"/>
	Vegetarian Sausage & Mash (V)	<input type="checkbox"/>	Apple/Blackberry Crumble (RS)	<input type="checkbox"/>		<input type="checkbox"/>
SUN	Beef with Roast Potatoes	<input type="checkbox"/>	Sticky Toffee Pudding	<input type="checkbox"/>	Cream of Mushroom	<input type="checkbox"/>
	Chicken Breast	<input type="checkbox"/>	Blackcurrant Sponge	<input type="checkbox"/>		<input type="checkbox"/>
	Vegetarian Cottage Pie (V)	<input type="checkbox"/>	Sultana Sponge (RS)	<input type="checkbox"/>		<input type="checkbox"/>

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	Blackcurrant Pie	Scotch Broth
	Chicken & Mushroom Pie	Apple & Blackberry Crumble	
	Vegetarian Pasta Bolognese (V)	Jam Roly Poly (RS)	
TUES	Pork & Root Veg Casserole	Golden Syrup Sponge	Potato & Leek
	All Day Breakfast	Treacle Tart	
	Cheesy Vegetable Bake (V)	Stewed Apple & Custard (RS)	
WED	Minced Beef & Onion Pie	Semolina with Apple	Pea & Ham
	Salmon Supreme	Sultana Sponge	
	Macaroni Cheese (V)	Jam Sponge (RS)	
THURS	Chicken & Vegetable Casserole	Lemon Sponge	Chunky Vegetable
	Shepherd's Pie	Summer Fruit Pie	
	Cauliflower & Broccoli Bake (V)	Apple Crumble (RS)	
FRI	Savoury Minced Beef	Apple Crumble	Tomato & Vegetable
	Fish in Parsley	Baked Fruit Bread Pudding	
	Vegetable Lasagne (V)	Golden Syrup Sponge (RS)	
SAT	Chicken Supreme	Bakewell Tart	Lentil
	Beef Stew & Dumplings	Lemon/Summer Fruit Sponge	
	Vegetarian Pasta Bake (V)	Rhubarb Crumble (RS)	
SUN	Sliced Turkey with Stuffing	Spotted Dick	Chicken Broth
	Lamb in Gravy	Stewed Apple & Rice	
	Omelette & Chips (V)	Blackcurrant Pie (RS)	

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# Meals at Home Menu Card

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	
	Macaroni Cheese (V)	Lemon Sponge (RS)	
TUES	Corned Beef Hash	Bread & Butter Pudding	Pea & Ham
	Lamb & Vegetable Casserole	Orange Sponge	
	Cauliflower & Broccoli Bake (V)	Apple Pie (RS)	
WED	Sausage in Gravy	Plum & Cherry Pie	Chunky Vegetable
	Cottage Pie	Jam Sponge	
	Vegetable Lasagne (V)	Sultana Sponge (RS)	
THURS	Ham & Leek Crumble	Stewed Apple & Custard	Lentil
	Beef Stew & Dumplings	Treacle Tart	
	Vegetarian Pasta Bake (V)	Apple/Blackberry Crumble (RS)	
FRI	Lancashire Hotpot	Apricot Crumble	Scotch Broth
	Sweet & Sour Chicken	Sticky Toffee Pudding	
	Omelette & Chips (V)	Jam Roly Poly (RS)	
SAT	Chicken in Gravy	Blackcurrant Sponge	Cream of Mushroom
	Salmon Crumble	Apple Pie	
	Vegetarian Sausage/Mash (V)	Stewed Apple & Custard (RS)	
SUN	Lamb in Gravy	Jam Roly Poly	Tomato & Vegetable
	Beef with Roast Potatoes	Rhubarb Crumble	
	Vegetarian Cottage Pie (V)	Jam 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	<input type="checkbox"/>	Minced Beef & Onion Pie	<input type="checkbox"/>	Sultana Sponge	<input type="checkbox"/>	Pea & Ham
	<input type="checkbox"/>	Cumberland Sausage	<input type="checkbox"/>	Semolina with Apple	<input type="checkbox"/>	
	<input type="checkbox"/>	Vegetarian Pasta Bolognese (V)	<input type="checkbox"/>	Apple Crumble (RS)	<input type="checkbox"/>	
	MAIN COURSE		DESSERT		OPTIONAL SOUP	
TUES	<input type="checkbox"/>	Lemon & Ginger Chicken	<input type="checkbox"/>	Stewed Apple & Rice	<input type="checkbox"/>	Lentil
	<input type="checkbox"/>	Savoury Minced Beef	<input type="checkbox"/>	Golden Syrup Sponge	<input type="checkbox"/>	
	<input type="checkbox"/>	Cheesy Vegetable Bake (V)	<input type="checkbox"/>	Lemon Sponge (RS)	<input type="checkbox"/>	
	MAIN COURSE		DESSERT		OPTIONAL SOUP	
WED	<input type="checkbox"/>	Minted Lamb & Dumplings	<input type="checkbox"/>	Summer Fruit Pie	<input type="checkbox"/>	Tomato & Vegetable
	<input type="checkbox"/>	Meatballs & Mushy Peas	<input type="checkbox"/>	Apple Crumble	<input type="checkbox"/>	
	<input type="checkbox"/>	Macaroni Cheese (V)	<input type="checkbox"/>	Blackcurrant Pie (RS)	<input type="checkbox"/>	
	MAIN COURSE		DESSERT		OPTIONAL SOUP	
THURS	<input type="checkbox"/>	Fish in Butter	<input type="checkbox"/>	Baked Fruit Bread Pudding	<input type="checkbox"/>	Potato & Leek
	<input type="checkbox"/>	Irish Stew	<input type="checkbox"/>	Blackcurrant Pie	<input type="checkbox"/>	
	<input type="checkbox"/>	Cauliflower & Broccoli Bake (V)	<input type="checkbox"/>	Rhubarb Crumble (RS)	<input type="checkbox"/>	
	MAIN COURSE		DESSERT		OPTIONAL SOUP	
FRI	<input type="checkbox"/>	Chicken Curry	<input type="checkbox"/>	Lemon/Summer Fruit Sponge	<input type="checkbox"/>	Scotch Broth
	<input type="checkbox"/>	Steak & Kidney Pie	<input type="checkbox"/>	Bakewell Tart	<input type="checkbox"/>	
	<input type="checkbox"/>	Vegetable Lasagne (V)	<input type="checkbox"/>	Stewed Apple & Custard (RS)	<input type="checkbox"/>	
	MAIN COURSE		DESSERT		OPTIONAL SOUP	
SAT	<input type="checkbox"/>	Shepherd's Pie	<input type="checkbox"/>	Apple & Blackberry Crumble	<input type="checkbox"/>	Chicken Broth
	<input type="checkbox"/>	Fish & Mash	<input type="checkbox"/>	Spotted Dick	<input type="checkbox"/>	
	<input type="checkbox"/>	Vegetarian Pasta Bake (V)	<input type="checkbox"/>	Jam Roly Poly (RS)	<input type="checkbox"/>	
	MAIN COURSE		DESSERT		OPTIONAL SOUP	
SUN	<input type="checkbox"/>	Chicken Breast	<input type="checkbox"/>	Treacle Tart	<input type="checkbox"/>	Chunky Vegetable
	<input type="checkbox"/>	Pork in Gravy	<input type="checkbox"/>	Lemon Sponge	<input type="checkbox"/>	
	<input type="checkbox"/>	Omelette & Chips (V)	<input type="checkbox"/>	Golden Syrup Sponge (RS)	<input type="checkbox"/>	

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