Please CIRCLE your menu choices & return 1 copy with our driver & keep 2nd copy for yourself

Printed: 29/07/2026

Meals on Wheels

Menu Start: **10/08/2026**

Name:

Address:

PostCode:

Tel:

WEEK 1	Monday 10 Aug	Tuesday 11 Aug	Wednesday 12 Aug	Thursday 13 Aug	Friday 14 Aug	Saturday 15 Aug	Sunday 16 Aug
Option 1	Steak Pudding	Roast Chicken	Corn Beef Hash	Savoury Mince & Herb Dumplings	Fish Pie	Chicken & Ham Pie	Roast Beef
Option 2	Baked Butternut Squash with Cheese and Herbs	Broccoli & Stilton Quiche	Greek Picnic Pie	Cheese & Onion Quiche	Braised Moroccan Chicpea Stew	Quorn Cottage Pie	Vegetable Risotto
Dessert	Chocolate Sponge & Custard	Spiced Ginger Cake & Cream	Fruit Salad	Fruit Cheesecake	Sherry Trifle	Fruit Crumble & Custard	Chocolate Fudge Cake
PLUS	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea

WEEK 2	Monday 17 Aug	Tuesday 18 Aug	Wednesday 19 Aug	Thursday 20 Aug	Friday 21 Aug	Saturday 22 Aug	Sunday 23 Aug
Option 1	Savoury Mince & Onion	Honey Roast Gammon	Steak & Ale Pie	Roast Pork	Braised Beef & Carrots	Sausage with Onion Gravy	Roast Turkey
Option 2	Veggie Chilli & Rice	Sweet Potatoe & Spinach Curry	Bubble & Squeak with Onion Gravy	Tomatoe, Basil & Red Onion Tart	Leek & Mushroom Quiche	Broccoli Macaroni Cheese	Mushroom and Goats Cheese Tart
Dessert	Red Cherry Eaton Mess	Fruit Fool	Jam & Coconut Sponge	Chocolate Eclair	Cheese & Biscuits	Mandarin Cheesecake	Syrup Sponge & Custard
PLUS	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea

WEEK 3	Monday 24 Aug	Tuesday 25 Aug	Wednesday 26 Aug	Thursday 27 Aug	Friday 28 Aug	Saturday 29 Aug	Sunday 30 Aug
Option 1	Homemade Sausage Roll, Mash & Beans	Braised Steak	Roast Chicken	Steak Pudding	Fish in Butter Sauce	Corn Beef Hash	Roast Beef
Option 2	Mushroom Stroganoff with Rice	Red Pepper Risotto	Cheese & Onion Pie	Carrot Dhal & Rice	Cauliflower Cheese Bake	Tomatoe & Basil Pasta	Veggie Sausage & Yorkshires
Dessert	Sticky Toffee Pudding & Custard	Strawberry Mousse	Fruit Crumble & Custard	Sherry Trifle	Fruit Salad	Marmalade Sponge & Custard	Fruit Cheesecake
PLUS	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea

WEEK 4	Monday 31 Aug	Tuesday 01 Sep	Wednesday 02 Sep	Thursday 03 Sep	Friday 04 Sep	Saturday 05 Sep	Sunday 06 Sep
Option 1	Brisket & Potatoe Pie	Roast Pork	Honey Glazed Ham	Chicken Pie	Fresh Salmon Mornay	Savoury Mince with Yorkshire pudding	Roast Chicken
Option 2	Bubble & Squeak with Onion Gravy	Spanish Style Tomatoe Chickpea Stew	Veggie Sausage and Onion Gravy	Stuffed Peppers	Vegetable Cottage Pie	Cheese & Onion Pie	Cheesy Mash & Beans
Dessert	Homemade Scone with Cream & Jam	Sherry Trifle	Pear Upside Down Cake	Chocolate Eclair	Lemon Meringue	Caramel Apple Crumble	Toffee Cheesecake
PLUS	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea