

Meals@Wheels

Week 1

Monday

Homemade Meat Feast Pizza served with Curly Potato Fries

G E M

Homemade Margherita Pizza served with Curly Potato Fries

V G E M

Jacket Potato and choice of filling
Or

Oxtail Soup and choice of sandwiches of the day

G M C

Sticky toffee pudding and custard

G M E

Tuesday

Spicy Chicken Fajita Wraps served with potato wedges and salad

G

Homemade Quorn Chilli served with Rice or Chips and Garlic Bread

V G Sou

Jacket Potato and choice of filling
Or

Vegetable Soup and choice of sandwiches of the day

G M

Apple Crumble and Custard

G M

Wednesday

Tomato and Cheese Pasta Bake served with fresh Tear and Share Bread

G M

Cheesy Pasta Bake served with fresh Tear and Share Bread

V G M

Jacket Potato and choice of filling
Or

Chicken Soup and choice of sandwiches of the day

G M

Short bread and Cream

G M

Thursday

Cheese Burgers served with Wedges and Salad

G M Sul Ss

Homemade Vegetable Lasagne served with Garlic Bread

V G M E

Jacket Potato and choice of filling
Or

Tomato Soup and choice of sandwiches of the day

G M

Jam Roly Poly and custard

G M

Friday

Homemade Cheese & Potato Pie served with Baked Beans

V M

Homemade Cheese & Potato Pie served with Baked Beans

V M

Jacket Potato and choice of filling
Or

Chicken Soup and choice of sandwiches of the day

G M

Jelly and Ice cream

M P

Week 2

Monday

Succulent Sausages served inside Homemade Yorkshire Pudding with Fluffy Mash, Vegetables and Gravy

G M E Sul

Succulent Quorn Sausages served inside Homemade Yorkshire Pudding with Fluffy Mash, Vegetables and Gravy

V G M E Sul Soy

Jacket Potato and choice of filling
Or

Vegetable Soup and choice of sandwiches of the day

G M

Cup cakes and cream

G M E

Tuesday

Succulent Meatballs in Tomato Sauce served with Spaghetti and Garlic Bread

G M Sul

Succulent Quorn Meatballs in Tomato Sauce served with Spaghetti and Garlic Bread

V G M E Sul Soy

Jacket Potato and choice of filling
Or

Mushroom Soup and choice of sandwiches of the day

G M

Rice Pudding and Jam

M Soy

Wednesday

Chicken Stir Fry served with noodles

G Sul E Ss

Quorn or Tofu Stir Fry served with noodles

G Soy M E Ss

Jacket Potato and choice of filling
Or

Tomato Soup and choice of sandwiches of the day

G M

Chocolate Sponge and Mint Custard

G M E

Thursday

Cheese and Bacon Pasta Bake served with fresh Tear and Share Bread

G M

Homemade Cheese & Potato Pie served with Baked Beans

V M

Jacket Potato and choice of filling
Or

Oxtail Soup and choice of sandwiches of the day

G M C

Sticky toffee pudding and custard

G M E

Friday

All Day Breakfast

G M E Sul

All Day Veggie Breakfast

V G M E Soy

Jacket Potato and choice of filling
Or

Chicken Soup and choice of sandwiches of the day

G M

Yoghurt and/or Fruit

M

Week 3

Monday

Traditional Spaghetti Bolognese served with Garlic Bread

G M

Homemade Quorn Chilli served with Rice or Chips and Garlic Bread

V G Sou

Jacket Potato and choice of filling
Or

Tomato Soup and choice of sandwiches of the day

G M

Cup and Custard

G M E

Tuesday

Homemade Chicken Tikka served with Rice and Naan Bread

G M E

Homemade Quorn Tikka served with Rice and Naan Bread

V G M Sou E

Jacket Potato and choice of filling
Or

Oxtail Soup and choice of sandwiches of the day

G M C

Banoffee Pie and Cream

G M

Wednesday

Roast Gammon served with Seasoned Fluffy Mash, Garden Peas and Parsley Sauce

G M

Homemade Veggie Grill Buns served with Seasoned Wedges

V G

Jacket Potato and choice of filling
Or

Vegetable Soup and choice of sandwiches of the day

G M

Fruit Crumble and Custard/Ice cream

G E M

Thursday

Traditional Italian Lasagne served with Garlic Bread

G M E

Homemade Vegetable Lasagne served with Garlic Bread

V G M E

Jacket Potato and choice of filling
Or

Mushroom Soup and choice of sandwiches of the day

G M

Lemon Curd Crumble and Custard

G E M

Friday

Homemade Curried Chicken served with Rice and Naan Bread

G M

Homemade Curried Quorn served with Rice and Naan Bread

V G M Soy

Jacket Potato and choice of filling
Or

Chicken Soup and choice of sandwiches of the day

G M

Icecream

M



Suitable for Vegetarians



Suitable for Vegans



Contains Tree Nuts



Contains Peanuts



Contains Fish or Fish Products



Contains Celery or Celeriac Products



Contains Crustaceans



Contains Molluscs



Contains Eggs or Egg Derivatives



Contains Milk or Milk Products



Contains Lupin



Contains Mustard



Contains Soya



Contains Sulphur Dioxide or Sulphites >10ppm



Contains Sesame Seed



Contains Cereals (Gluten)