

**PENTLOW MEAL DELIVERY SERVICE**

WEEK ONE MENU

SOME OF OUR MEALS MAY CONTAIN NUTS

NAME .....

TELEPHONE 729610

MON 02.03.09	TUE 03.03.09	WED 04.03.09	THUR 05.03.09	FRI 06.03.09	SAT 07.03.09	SUN 08.03.09
Shepherds Pie <input type="checkbox"/>	Roast Beef & Yorkshire Pudding <input type="checkbox"/>	Lancashire Hotpot <input type="checkbox"/>	Roast Gammon & Pineapple <input type="checkbox"/>	Battered Cod <input type="checkbox"/>	Chicken Supreme & Rice <input type="checkbox"/>	Roast Pork with Sage & Onion Stuffing <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Chicken Tikka & Rice <input type="checkbox"/>	Pork Goulash <input type="checkbox"/>	Beef & Ale Pie <input type="checkbox"/>	Savoury Mince <input type="checkbox"/>	Meatloaf in Tomato Sauce <input type="checkbox"/>	Liver & Onions <input type="checkbox"/>	Lamb Ragout <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Mushroom Quiche <input type="checkbox"/>	Cauliflower Cheese <input type="checkbox"/>	Potato Gratin <input type="checkbox"/>	Stuffed Peppers <input type="checkbox"/>	Stilton & Red Onion Quiche <input type="checkbox"/>	Nut Roast <input type="checkbox"/>	Cheese & Onion Pie <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Salmon in Dill Sauce <input type="checkbox"/>	Baked Cod <input type="checkbox"/>	Grilled Hake <input type="checkbox"/>	Smoked Haddock <input type="checkbox"/>	Stuffed Plaice with Spinach <input type="checkbox"/>	Trout in Butter Lemon sauce <input type="checkbox"/>	Cod Fish Cakes <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Various salads Available <input type="checkbox"/>	Various salads Available <input type="checkbox"/>	Various salads Available <input type="checkbox"/>	Various salads Available <input type="checkbox"/>	Various salads Available <input type="checkbox"/>	Various salads Available <input type="checkbox"/>	Various salads Available <input type="checkbox"/>
WITH	WITH	WITH	WITH	WITH	WITH	WITH
Diced Potatoes Creamed Potatoes Cauliflower Peas	Braised Potatoes Creamed Potatoes Mashed Swede Savoy Cabbage	Sauté Potatoes Creamed Potatoes Baby Carrots Green Beans	Creamed Potatoes Roast Potatoes Leeks in Cheese Sauce Mixed Vegetables	Creamed Potatoes Chips Carrot Batons Peas	Creamed Potatoes Croquette Potatoes Broccoli Spears Parsnips	Roast Potatoes Creamed Potatoes French Beans Roasted Butternut Squash
DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Lemon Sponge & Custard <input type="checkbox"/>	Cherry Pie & Custard <input type="checkbox"/>	Syrup Sponge & Custard <input type="checkbox"/>	Rhubarb & Apple Crumble & Custard <input type="checkbox"/>	Spotted Dick & Custard <input type="checkbox"/>	Mince Meat Tart & Custard <input type="checkbox"/>	Pineapple Upside Down Cake & Custard <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Bread & Butter Pudding & Cream <input type="checkbox"/>	Strawberry Cheesecake <input type="checkbox"/>	Raspberry Fool <input type="checkbox"/>	White Chocolate Mousse <input type="checkbox"/>	Sherry Trifle <input type="checkbox"/>	Mandarins & Cream <input type="checkbox"/>	Black Forest Gateau <input type="checkbox"/>