

PENTLOW MEAL DELIVERY SERVICE

WEEK TWO MENU

SOME OF OUR MEALS MAY CONTAIN NUTS

NAME

TELEPHONE 729610

MON 09.03.09	TUE 10.03.09	WED 11.03.09	THUR 12.03.09	FRI 13.03.09	SAT 14.03.09	SUN 15.03.09
Lamb Shank & Red Currant Jelly <input type="checkbox"/>	Roast Turkey <input type="checkbox"/>	Pork Chop <input type="checkbox"/>	Roast Lamb <input type="checkbox"/>	Battered Haddock <input type="checkbox"/>	Steak & Kidney Pudding <input type="checkbox"/>	Roast Chicken & Stuffing <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Chicken & Mushroom Pie <input type="checkbox"/>	Savoury Meatballs <input type="checkbox"/>	Chicken Kiev <input type="checkbox"/>	Braised Beef in Cider <input type="checkbox"/>	Beef Lasagne <input type="checkbox"/>	Chicken Chasseur <input type="checkbox"/>	Sausage Hotpot <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Macaroni Cheese & Tomato Bake <input type="checkbox"/>	Country Vegetable Pie <input type="checkbox"/>	Vegetable Lasagne <input type="checkbox"/>	Cherry Tomato & Cheese Tart <input type="checkbox"/>	Mushroom Stroganoff <input type="checkbox"/>	Leek & Potato Bake <input type="checkbox"/>	Broccoli & Cauliflower Cheese <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Poached Haddock in Cheese Sauce <input type="checkbox"/>	Halibut with Parsley Sauce <input type="checkbox"/>	Grilled Cod <input type="checkbox"/>	Salmon in Seafood Sauce <input type="checkbox"/>	Scampi <input type="checkbox"/>	Poached Plaice <input type="checkbox"/>	Baked Salmon <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
Creamed Potatoes <input type="checkbox"/>	Creamed Potatoes <input type="checkbox"/>	Creamed Potatoes <input type="checkbox"/>	Creamed Potatoes <input type="checkbox"/>	Creamed Potatoes <input type="checkbox"/>	Creamed Potatoes <input type="checkbox"/>	Creamed Potatoes <input type="checkbox"/>
New Potatoes <input type="checkbox"/>	Roast Potatoes <input type="checkbox"/>	Lyonnaise Potatoes <input type="checkbox"/>	Diced Potatoes <input type="checkbox"/>	Chips <input type="checkbox"/>	Potato Wedges <input type="checkbox"/>	Roast Potatoes <input type="checkbox"/>
Vichy Carrots <input type="checkbox"/>	Roast Parsnips <input type="checkbox"/>	Baby Carrots <input type="checkbox"/>	Mixed Vegetables <input type="checkbox"/>	Diced Carrots <input type="checkbox"/>	Savoy Cabbage <input type="checkbox"/>	Carrot Batons <input type="checkbox"/>
Braised Celery <input type="checkbox"/>	Peas <input type="checkbox"/>	Broccoli <input type="checkbox"/>	Cauliflower <input type="checkbox"/>	Green Beans <input type="checkbox"/>	Buttered Swede <input type="checkbox"/>	Sprouts <input type="checkbox"/>
DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Apple Charlotte & Custard <input type="checkbox"/>	Treacle Tart & Custard <input type="checkbox"/>	Apricot Crumble & Custard <input type="checkbox"/>	Jam Sponge & Custard <input type="checkbox"/>	Cherry Pie & Custard <input type="checkbox"/>	Rice Pudding <input type="checkbox"/>	Apple Pie & Custard <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Lemon Meringue Pie <input type="checkbox"/>	Cherry Cheesecake <input type="checkbox"/>	Butterscotch Mousse <input type="checkbox"/>	Fresh Fruit Salad & Cream <input type="checkbox"/>	Trifle <input type="checkbox"/>	Double Chocolate Gateau <input type="checkbox"/>	Strawberry Mousse <input type="checkbox"/>