

**PENTLOW MEAL DELIVERY SERVICE**

WEEK THREE MENU

SOME OF OUR MEALS MAY CONTAIN NUTS

NAME .....

TELEPHONE 729610

MON 16.03.09	TUE 17.03.09	WED 18.03.09	THUR 19.03.09	FRI 20.03.09	SAT 21.03.09	SUN 22.03.09
Beef Casserole <input type="checkbox"/>	Honey Roast Gammon in Parsley Sauce <input type="checkbox"/>	Liver & Bacon <input type="checkbox"/>	Roast Pork & Apple Sauce <input type="checkbox"/>	Breaded Cod <input type="checkbox"/>	Cottage Pie <input type="checkbox"/>	Roast Turkey <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Bacon Roly Poly <input type="checkbox"/>	Lamb Moussaka <input type="checkbox"/>	Irish Stew <input type="checkbox"/>	Chicken Kiev <input type="checkbox"/>	Sausage Plait & Onion Gravy <input type="checkbox"/>	Sweet & Sour Chicken with Rice <input type="checkbox"/>	Beef Hotpot <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Broccoli & Gruyere Gratin <input type="checkbox"/>	Mushroom Lasagne <input type="checkbox"/>	Spinach & Cream Cheese Tart <input type="checkbox"/>	Vegetable Hotpot <input type="checkbox"/>	Lentil & Vegetable Bake <input type="checkbox"/>	Vegetable Risotto <input type="checkbox"/>	Macaroni Cheese <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Grilled Cod <input type="checkbox"/>	Smoked Haddock <input type="checkbox"/>	Hake in Portugaise Sauce <input type="checkbox"/>	Salmon Fishcakes <input type="checkbox"/>	Poached Plaice <input type="checkbox"/>	Salmon En Croute <input type="checkbox"/>	Cod in Parsley Sauce <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"/>
Potatoes <input type="checkbox"/>	Roast Potatoes <input type="checkbox"/>	Braised Potatoes <input type="checkbox"/>	Roast Potatoes <input type="checkbox"/>	Chips <input type="checkbox"/>	Croquette <input type="checkbox"/>	Roast Potatoes <input type="checkbox"/>
Sauté Potatoes <input type="checkbox"/>	Diced Swede <input type="checkbox"/>	Carrots <input type="checkbox"/>	Butternut Squash <input type="checkbox"/>	Grilled Tomatoes <input type="checkbox"/>	Potatoes <input type="checkbox"/>	Roast Parsnips <input type="checkbox"/>
Green Beans <input type="checkbox"/>	Cabbage <input type="checkbox"/>	Sprouts <input type="checkbox"/>	French Beans <input type="checkbox"/>	Peas <input type="checkbox"/>	Diced Carrots <input type="checkbox"/>	Savoy Cabbage <input type="checkbox"/>
DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Sticky Toffee Pudding & Custard <input type="checkbox"/>	Apple Pie & Custard <input type="checkbox"/>	Syrup Sponge & Custard <input type="checkbox"/>	Pineapple Upside Down Pudding & Custard <input type="checkbox"/>	Bakewell Tart & Custard <input type="checkbox"/>	Chocolate Sponge & Vanilla Custard <input type="checkbox"/>	Fruit Strudel & Custard <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Lemon Mousse <input type="checkbox"/>	Profiteroles with Chocolate Sauce <input type="checkbox"/>	Peaches & Cream <input type="checkbox"/>	Tiramisu <input type="checkbox"/>	Banoffee Pie <input type="checkbox"/>	Fresh Fruit Salad & Cream <input type="checkbox"/>	Strawberry Trifle <input type="checkbox"/>