

PENTLOW MEAL DELIVERY SERVICE

WEEK FOUR MENU

SOME OF OUR MEALS MAY CONTAIN NUTS

TELEPHONE 729610

NAME

MON 26.01.09	TUE 27.01.09	WED 28.01.09	THUR 29.01.09	Fri 30.01.09	SAT: 31.01.09	SUN 01.02.09
Beef Bourguignon <input type="checkbox"/>	Roast Lamb <input type="checkbox"/>	Coq Au Vin <input type="checkbox"/>	Roast Beef & Yorkshire Pudding <input type="checkbox"/>	Battered Haddock <input type="checkbox"/>	Turkey Escalope with Red Currant Jelly <input type="checkbox"/>	Roast Pork & Apple Sauce <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Ham & Mushroom Pie <input type="checkbox"/>	Cumberland Sausage with Onion Gravy <input type="checkbox"/>	Steak & Kidney Pie <input type="checkbox"/>	Pork & Mushroom Casserole <input type="checkbox"/>	Savoury Mince <input type="checkbox"/>	Toad in the Hole <input type="checkbox"/>	Chicken Casserole <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Pasta with Mushrooms & Cheddar Cheese <input type="checkbox"/>	Vegetable Casserole <input type="checkbox"/>	Tortellini Ricotta <input type="checkbox"/>	Broccoli Quiche <input type="checkbox"/>	Mediterranean Vegetable Bake <input type="checkbox"/>	Red Onion & Stilton Tart <input type="checkbox"/>	Lentil Cottage Pie <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Haddock Mornay <input type="checkbox"/>	Cod Fishcakes <input type="checkbox"/>	Salmon in Dill Sauce <input type="checkbox"/>	Prawns in Hollandaise Pancakes <input type="checkbox"/>	Poached Plaice with White Wine Sauce <input type="checkbox"/>	Breaded Cod with Lemon <input type="checkbox"/>	Poached Halibutt <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 Sauté Potatoes Mixed Vegetables Cauliflower <input type="checkbox"/>	Creamed Potatoes Roast Potatoes Mashed Swede Peas <input type="checkbox"/>	Creamed Potatoes Braised Potatoes Diced Carrots Broccoli <input type="checkbox"/>	Creamed Potatoes Roast Potatoes Roast Parsnips Green Cabbage <input type="checkbox"/>	Creamed Potatoes Chips Vichy Carrots Peas <input type="checkbox"/>	Creamed Potatoes Potato Wedges Cauliflower Braised Leeks <input type="checkbox"/>	Creamed Potatoes Roast Potatoes Diced Carrots Sprouts <input type="checkbox"/>
DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Eves Pudding & Custard <input type="checkbox"/>	Apricot Tart & Custard <input type="checkbox"/>	Sultana Sponge & Custard <input type="checkbox"/>	Creamy Rice Pudding <input type="checkbox"/>	Plum Crumble & Custard <input type="checkbox"/>	Dutch Apple Flan & Custard <input type="checkbox"/>	Orange Sponge with Custard <input type="checkbox"/>
OR	OR	OR	OR	OR	OR	OR
Strawberry Mousse <input type="checkbox"/>	Blackcurrant Cheesecake <input type="checkbox"/>	Fresh Fruit Salad & Cream <input type="checkbox"/>	Lemon Meringue Pie <input type="checkbox"/>	Black Cherry Trifle <input type="checkbox"/>	Rich Chocolate Mousse <input type="checkbox"/>	Peach Fool <input type="checkbox"/>