

Monmouthshire Meals Example.

Week 1 of our four week menu cycle.

Monday

Steak & Kidney Pie
Mediterranean Chicken
Vegetable Pasta Bake
Salmon Supreme
Blackcurrant Sponge
Jam Roly Poly
Cheese & Biscuits

Tuesday

Savoury Minced Beef
Chicken in Red Wine Gravy
Vegetable Pasta Bolognaise
Fish with Creamed Potato
Plum & Cherry Pie
Rice with Apricot's
Sultana Scone

Wednesday

Cottage Pie
Vienna Steak
Cauliflower & Broccoli Bake
Fish in White Wine Sauce
Summer Fruit Crumble
Spotted Dick
Yogurt

Thursday

Lancashire HotPot
Beef Pasta Bolognaise
Cheesy Vegetable Bake
Fisherman's Pie
Blackcurrant Pie
Golden Syrup Sponge
Jam Doughnut

Friday

Sausage Casserole
Chicken Chasseur
Macaroni Cheese
Fish In Butter Sauce
Apple Crumble
Baked Fruit Bread Pudding
Strawberry Ice cream

Saturday

Chicken & Vegetable Pie
Creamy Beef Curry
Omelette Chips and Beans
Breaded Fish with Chips
Rhubarb Crumble
Ginger Sponge
Sultana Scone

Sunday

Sliced Turkey
Pork Steakette
Vegetable Curry
Fish in Parsley Sauce
Apple Pie
Rice Pudding
Mixed Fruit Trifle

* We also offer a Reduced Sugar Menu
Gluten Free, Allergen Free and
Puree meals are also available.

