

NAME	WEEK 1			ADDRESS			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Pea & Ham Soup	Cream Of Tomato Soup	Cream Of Mushroom Soup	Vegetable Soup	Spring Veg Soup	Scotch Broth Soup	Roast Gammon	
Smothered Chicken Breast New pots & Veg	Gammon & Pineapple With Pots And Veg Of The Day	Sausage & Mash With Onion Gravy & Veg	Roast Beef, Yorkshire Pud, Roast Pots Veg & Gravy	Cod Steak In Butter Sauce, With Mash And Peas	Sweet & Sour Pork & Rice	Roast Turkey	
Cottage Pie Served With Saute Pots & Veg Of The Day	Chicken Korma With Rice And Naan Bread	Meat Lasagne With Veg And Saute Pots	Roast Chicken Breast, Yorkshire Pud, Roast Pots, Veg and Gravy	Lamb Chop Mash And Veg	Chicken Pie with Leek Gravy, Pots & Veg	Roast Beef	
Veggie Sausages With Gravy, Mash & Veg	BBQ Chicken Jacket Potato And Salad Garnish	Jacket Potato With Cheese/Beans	Nut Roast, Yorkshire Pud Roast Pots & Veg	Broccoli Cream Cheese Bake, Mash & Peas	Chicken Stir Fry & Salad	Roast Pork	
Ham Salad	Tuna Salad	Chicken & Bacon Salad	Cheese Salad	Egg Salad	Cheese & Red Onion Baguette With Salad & Crisps	Nut Roast	
Lemon Drizzle Cake	Fresh Fruit Salad & Cream	Treacle Sponge & Custard	Peaches & Cream	Spotted Dick & Custard	Jam Sponge & Custard	Total Daily Meals Ordered At 5.95 per day	TOTAL: _____

NAME	WEEK 2			ADDRESS			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Chicken & Mushroom Soup	Leek & Potato Soup	Creamy Garlic Mushrooms	Cream Of Tomato Soup	Vegetable Soup	Lentil Soup	Roast Pork	
Meatballs In Bolognaise Sauce	Chicken Tikka Masalla, Rice & Naan	Toad In The Hole, Mash & Veg	Roast Gammon, Yorkshire Pud, Roast Pots, Veg & Gravy	Chicken And Veg Pie Served With Pots And Peas	Sweet & Sour Chicken & Rice	Roast Gammon	
Braised Beef In Ale Gravy With New Pots & Veg	Roast Chicken Drumstick With Boiled Pots And Veg	Chicken Breast With Herby Dice Pots, Veg & Gravy	Roast Beef, Yorkshire Pud, Roast Pots, Veg & Gravy	Beef Curry & Rice	Sausage & Mash With Onion Gravy, Mash & Veg	Roast Beef	
Tuna Mayonnaise Jacket	Frittata Omelette Served With Salad	Veg Lasagne, With Mixed Veg & Garlic Bread	Veggie Sausages Mash And Peas	Stuffed Mushrooms with Cream Cheese & Garlic Served With Salad & Garlic Bread	Cheese & beans Jacket Potato & Salad Garnish	Roast Turkey	
Sweet Chilli Chicken Wraps & Salad	Pork & Apple Salad	Cheesy Tuna Salad	Chicken Salad	Ham Salad	Prawn Salad	Nut Roast & All The Trimmings	
Apple Sponge & Custard	Lemon Meringue Pie & Cream	Chocolate Gateaux & Cream	Sticky Toffee Pudding & Custard	Rhubarb Crumble & Custard	Jam Sponge & Custard	Total Daily Meals Ordered At 5.95 per day	TOTAL: _____

NAME		WEEK	ADDRESS			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hot and sour soup (spicy)	Tomato & Basil Soup	Onion Soup	Prawn Cocktail	Mushroom & Garlic Soup	Scotch Broth	Roast Pork
Mince Beef Bolognaise Pasta bake With Salad garnish	Sliced lamb with mint gravy boiled pots and veg	Chilli-Con-Carne & Rice	Roast Pork, Yorkshire Pud, Roast Pots, Veg & Gravy	Pork chop with apple sauce ,pots and veg of the day	Fishermans pie with veg of the day	Roast Turkey
Beef Stew Served with New Pots and Veg of the Day	Cheese, Ham & Mushroom <u>OR</u> Plain Omelette (please circle which one)	Bacon & Tomato Lasagne served with Pots & Peas	Roast Turkey, Yorkshire Pud, Roast Pots Veg & Gravy	Cod in parsley sauce with Boiled Pots & Peas	Chicken in White Wine Sauce, Croquet Pots & Veg	Roast Beef
Macaroni Cheese with Mixed Veg	BBQ Spare Ribs served with pots and peas	Quiche with salad	Tuna Pasta Bake, Served with Salad	Veggie Sausages Mash & Gravy	Sausage & Bacon Baguette Served with Side Salad & Crisps	Roast Gammon
Prawn Salad	Cheese & Ham Salad	BBQ Chicken Salad	Bacon Salad	Ham Salad	Ploughmans Salad	Nut Roast & all the Trimmings
Creamy Rice Pudding	Profiteroles & Chocolate Sauce	Sticky Toffee Pudding	Strawberry Cheesecake & Cream	Carrot Cake & Cream	Apple & Peach Crumble & Custard	Total Daily Meals Ordered At 5.95 per day
						TOTAL: _____

NAME		WEEK4	ADDRESS			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Oxtail Soup	Minestrone Soup	Mushroom And Leak Soup	Rice & Tomato Soup	Bacon & Split Pea Soup	Pate With French Toast	Roast Gammon
Cottage Pie With Veg Of The Day	Sweet Chilli Chicken & Rice	Steak & kidney Pie Mash and Veg Of The Day	Roast Beef Yorkshire Pudding And Roast Potatoes And Veg	Beef Burger With Onion Gravy, Mash & Veg	Fishermans Pie With Veg Of The Day	Roast Pork
Chicken Casserole New Pots And Veg	Shepherds Pie with veg of the Day	Chicken Stir Fry Served With Salad	Roast Pork Yorkshire Pudding And Roast Pots And Veg	Mozzarella Stuffed Chicken Breast, New Pots & Veg	Ham & Tomato Baguette With Side Salad & crisps	Roast Turkey
Tuna Mayo Jacket Potato & Salad	Cheese & Beans Jacket Potato & Salad	Ham & Cheese Jacket Potato & Salad	Cauliflower Cheese Served With Pots And Veg Of The Day	Chilli Jacket Potato & Salad	Bacon & Beans Jacket Pot With Salad	Roast Beef
Ham & Cheese Salad	Chicken ceasar salad	Vegetable korma With Rice	Nut Roast Roast Pots And All The Trimmings	Ratatouille & Rice	Prawn Salad	Nut Roast & All The Trimmings
Peaches & Cream	Lemon Cheesecake	Apricots & Cream	Strawberry Trifle	Chocolate Brownies	Profiteroles	Total Daily Meals Ordered At 5.95 per day
						TOTAL: _____

Please choose either a Starter & Main or Main & Dessert.

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Some dishes may contain traces of nuts.

NAME		WEEK 5	ADDRESS			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Carrot & Coriander Soup	Cheese & Biscuits	Tomato Soup	Pate' & Toast	Beef & Veg Soup	Prawn Cocktail	Roast Gammon
Minced Beef & New Pots & Peas	Liver & Bacon With Gravy Mash & Veg	Sausage Casserole With Winter Veg and Mash	Roast Pork, Yorkshire Pud, Roast Pots Veg & Gravy	Battered Chunky Cod Fillet, Pots & Mushy Peas	Chicken Casserole With Pots & Green Beans	Roast Beef
Turkey, Ham & Veg Pie Served with pots & veg	Chicken Wrapped In Bacon With Saute Pots & Mixed Veg	Beef Lasagne Pots And Veg Of The Day	Roast Turkey, Yorkshire Pud, Roast Pots Veg & Gravy	Potato, Leek & Chicken Pie Served with New Pots & Peas	Mushroom & Leek Pasta Bake Served with Salad	Roast Pork
Cauliflower Cheese, Saute Pots & Peas	Veggie Sausages Mash & Peas	Macaroni Cheese & Broccoli With Salad	Fisherman's Pie & Veg	Broccoli & Cream Cheese Bake, Herby Pots & Peas	Cheesy Tuna Mayo Baguette Salad & Crisps	Roast Turkey
Egg Mayo Salad	Smoked Salmon Salad	Ham & Cheese Salad	Tuna Salad	Chicken Salad	Smoked Mackerel Salad	Nut Roast
Pineapple Sponge & Custard	Strawberry Trifle	Apple Crumble & Custard	Strawberry Gateaux	Jam Roly Poly & Custard	Fruit Salad	Total Daily Meals Ordered At 5.95 per day TOTAL: _____

Please choose either a Starter & Main or Main & Dessert.

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NAME		WEEK 6	ADDRESS			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
French Onion Soup	Scotch Broth	Spring Onion Soup	Bacon & Lentil Soup	Chicken & Sweetcorn Soup	Breaded Garlic Mushrooms	Roast Gammon
Pork Curry & Rice	Steak Pie With Pots And Veg Of The Day	Toad in The Hole, Mash & Veg	Roast Pork Yorkshire Pudding Roast Potatoes & Veg	Chicken Casserole And Dumplings Served With Pots	Sausage, Mash & Veg	Roast beef
Chicken In White wine Sauce, Croquet Pots & Veg	Chicken Breast, Mini Sausage And Stuffing With Pots & Veg	Honey Glazed Pork Belly, Apple Sauce, Herby Dice Pots & Veg	Roast Gammon Yorkshire Pudding Roast Potatoes & Veg	Cod Steak in Parsley Sauce Served With Mash & Peas	Garlic Chicken Breast, With Roasted Med Veg & Jacket Potato	Roast pork
Veggie Sausages Mash & Gravy	Vegetarian Quorn Spag Bol	Chinese Style Vegetarian Stirfry & Rice	Nut Roast Served With All The Trimmings	Veggie Pasta bake & Salad Garnish	Ham & Cheese Baguette With Salad & Crisps	Roast Turke;
Chicken And Sweetcorn Salad	Prawn Salad	Jacket Potato With Coleslaw	Jacket Potato With Bacon & Beans	Bacon & Egg Salad	Vegetarian Risotto With Salad Garnish	Nut roast
Chocolate Crunch & Chocolate Custard	Lemon Cheesecake	Vanilla Sponge & Strawberry Custard	Pineapple And Cream	Three fruit Crumble And Custard	Profiteroles & Chocolate Sauce	Total Daily Meals Ordered At 5.95 per day

Please choose either a Starter & Main or Main & Dessert.

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FRESHWAY

Dont miss out on your 5 a day
**ORDER YOUR FRESH FRUIT BASKET
FOR ONLY 4.95 A WEEK**

Select what you would like in your basket

Red Apples	
Green Apples	
Red Grapes	
Green Grapes	
Bananas	
Pears	
Oranges	
Satsumas	
Plums	
Peaches	



Fruit baskets will be delivered on mondays
freshway Providing healthy living at home

All fruit is locally sourced

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