

MEALS ON WHEELS MENU

CITY OF WOLVERHAMPTON COUNCIL

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHOICE ONE	MINCE BEEF AND ONION PIE	BEEF HOTPOT	CUMBERLAND SAUSAGES IN GRAVY	ROAST BEEF WITH ROAST POTATOES	PORK STEAKETTE	STEAK & KIDNEY PIE	ROAST TURKEY WITH STUFFING
CHOICE TWO	PORK IN GRAVY	CHICKEN CURRY WITH RICE	LAMB IN GRAVY	CHICKEN & LEEK HOTPOT	SHEPERDS PIE	ROAST CHICKEN WITH GRAVY	MINTED LAMB & DUMPLINGS
CHOICE THREE	VEGETABLE LASAGNE	VEGETABLE COTTAGE PIE	MACARONI CHEESE	CHEESE & ONION PIE	VEGETABLE SAUSAGE CASSEROLE BAKE	CHEESY VEGETABLE BAKE	CAULIFLOWER & BROCCOLI BAKE
CHOICE FOUR	BREADED FISH & CREAMED POTATO	FISH CAKE & DICED POTATO	FISHERMANS PIE	FISH IN BUTTER	BREADED FISH & CHIPS	BREADED FISH CREAMED POTATO	FISH IN PARSLEY
SWEET OF THE DAY	RICE PUDDING	GINGER SPONGE & CUSTARD	PLUM CRUMBLE & CUSTARD	FRUIT & JELLY	ORANGE SPONGE & CUSTARD	JAM ROLLY POLY & CUSTARD	RUHBARB CRUMBLE & CUSTARD
HEALTHY OPTION	YOGHURT OR FRUIT JELLY	YOGHURT OR FRUIT JELLY	YOGHURT OR FRUIT JELLY	YOGHURT OR FRUIT JELLY	YOGHURT OR FRUIT JELLY	YOGHURT OR FRUIT JELLY	YOGHURT OR FRUIT JELLY

Some of our items contain allergens, including: Cereals containing Gluten, Milk, Eggs, Fish, Shellfish, Molluscs, Soya, Celery, Mustard, Sulphites, Sesame, Lupin, Peanuts and Nuts. If you require further information contact Meals Desk 01902 556677

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHOICE ONE	HAM IN PARSLEY SAUSE	CORNED BEEF HASH	CHICKEN & MUSHROOM PIE	SAUSAGE CASSEROLE	ROAST TURKEY WITH STUFFING	BEEF & STOUT PIE	LAMB IN GRAVY
CHOICE TWO	BRAISED STEAK	CHICKEN IN GRAVY	LAMB IN GRAVY	BEEF WITH ROAST POTATOES	BEEF STEW & DUMPLING	CHICKEN & VEGETABLE CASSEROLE	COTTAGE PIE
CHOICE THREE	VEGETABLE COTTAGE PIE	CHEESE & ONION PIE	VEGETABLE CAULIFLOWER & BROCCOLI	MACARONI CHEESE	CHESSY VEGETABLE BAKE	VEGETARIAN LASAGNE	VEGETARIAN SAUSAGE CASSEROLE
CHOICE FOUR	FISH IN BUTTER SAUCE	FISHERMANS PIE	FISH CAKE & DICED POTATO	FISH & CHIPS	FISH IN BUTTER SAUCE	BREADED FISH & CREAMED POTATOES	FISH IN PARSLEY SAUCE
SWEET OF THE DAY	BAKED FRUIT BREAD PUDDING & CUSTARD	SUMMER FRUITS PIE & CUSTARD	APPLE PIE & CUSTARD	SULTANA SPONGE & CUSTARD	STRAWBERRY MOUSSE	LEMON SPONGE & CUSTARD	APPLE & BLACKBERRY CRUMBLE & CUSTARD
HEALTHY OPTION	YOGHURT OR FRUIT JELLY	YOGHURT OR FRUIT JELLY	YOGHURT OR FRUIT JELLY	YOGHURT OR FRUIT JELLY	YOGHURT OR FRUIT JELLY	YOGHURT OR FRUIT JELLY	YOGHURT OR FRUIT JELLY

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