



# Meals On Wheels Four Week Menu

May 2024 – October 2024 Meal and Dessert - £8.50



Working in Hampshire

WEEK 1	LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Choice 1</b>	Savoury Mince with Mashed Potatoes and Vegetables <span style="float: right;">GF</span>	Chicken and Bacon in a BBQ Sauce with New Potatoes and Vegetables <span style="float: right;">✓ L GF</span>	Chicken and Vegetable Pie with Roast Potatoes, Vegetables and Gravy	Minced Beef Lasagne with New Potatoes and Vegetables	Home-made Fish Cakes with Chips, Beans and Peas <span style="float: right;">✓</span>	Sausages in a Yorkshire Pudding with Mashed Potatoes, Vegetables and Gravy	Roast Gammon Slices with Roast Potatoes, Vegetables and Gravy <span style="float: right;">L GF</span>
	<b>Choice 2</b>	Mac and Cheese with New Potatoes and Vegetables <span style="float: right;">V</span>	Cheesy Tomato and Courgette Bake with New Potatoes and Vegetables <span style="float: right;">✓ V</span>	Mushroom Wellington with Roast Potatoes, Vegetables and Gravy <span style="float: right;">V</span>	Vegetable Hot Pot with Vegetables <span style="float: right;">L GF V</span>	Cheese and Onion Quiche with Chips, Beans and Peas <span style="float: right;">V</span>	Vegetable Chilli with Rice and Vegetables <span style="float: right;">✓ L GF V</span>	Creamy Vegetable Pie with Roast Potatoes, Vegetables and Gravy <span style="float: right;">V</span>
	<b>Dessert</b>	Carrot Cake with a Cream Cheese Frosting	Chocolate Chip Muffin with Custard	Fruit Cake with Custard	Chocolate Cake with Custard	Summer Fruit Cake with Custard	Fruit Salad	Apple and Pear Crumble

WEEK 2	LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Choice 1</b>	Chicken Casserole with Mashed Potatoes and Vegetables <span style="float: right;">GF</span>	Quiche Lorraine with New Potatoes and Vegetables	Minced Beef and Vegetable Pie with Roast Potatoes, Vegetables and Gravy	Corned Beef Hash with Beans and Vegetables <span style="float: right;">L</span>	Battered Fish with Chips, Beans and Peas	Sausage Mash with Vegetables and Gravy	Roast Chicken with Stuffing, Roast Potatoes, Vegetables and Gravy <span style="float: right;">L</span>
	<b>Choice 2</b>	Tomato and Bean Pasta Bake with Vegetables <span style="float: right;">V</span>	Vegetable Cottage Pie with Vegetables and Gravy <span style="float: right;">✓ V</span>	Quorn and Leek Pie with Roast Potatoes, Vegetables and Gravy <span style="float: right;">V</span>	Vegetable Curry with Rice and Vegetables <span style="float: right;">✓ L V</span>	Vegetable Lasagne with Chips and Vegetables <span style="float: right;">V</span>	Cheese and Onion Slice with Mashed Potatoes and Vegetables <span style="float: right;">V</span>	Cauliflower Bake with New Potatoes and Vegetables <span style="float: right;">V</span>
	<b>Dessert</b>	Blueberry and Coconut Cake with Custard	Banana Cake with Custard	Chocolate and Pear Cake with Custard	Stewed Apples with Custard	Double Chocolate Chip Muffin with Custard	Toffee Cake with Custard	Apple Crumble with Custard

# WEEK 3

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Choice 1</b>	Cornish Pasty with Mashed Potatoes, Vegetables and Gravy	Chicken Curry with Rice and Vegetables <span>L</span>	Chicken and Ham Pie with Roast Potatoes, Vegetables and Gravy	Beef Bolognese with Spaghetti and Vegetables <span>L</span>	Pork Sausage with Chips, Beans and Peas	Faggots with Mashed Potatoes, Vegetables and Gravy	Roast Sliced Beef and Yorkshire Pudding with Roast Potatoes, Vegetables and Gravy
<b>Choice 2</b>	Tomato and Basil Pasta Bake with Vegetables <span>L V</span>	Broccoli Bake with New Potatoes and Vegetables <span>V</span>	Garden Vegetable Pie with Roast Potatoes, Vegetables and Gravy <span>V</span>	Spinach, Cheese and Tomato Tart with New Potatoes and Vegetables <span>V</span>	Sweet and Sour Vegetables with Noodles and Vegetables <span>V</span>	Vegetable and Lentil Curry with Rice and Vegetables <span>✓ L V</span>	Vegetable Sausage with Mashed Potatoes, Vegetables and Gravy <span>V</span>
<b>Dessert</b>	Marmalade Cake with Custard	Tinned Peaches	Cherry Cake with Custard	Lemon Drizzle Cake	Summer Fruit Crumble with Custard	Apple Cake with Custard	Treacle Sponge with Custard

# WEEK 4

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Choice 1</b>	Cottage Pie with Vegetables and Gravy	Gammon and Pineapple with Mashed Potatoes and Vegetables <span>✓ GF</span>	Chicken and Mushroom Pie with Roast Potatoes, Vegetables and Gravy	Minced Beef Chilli with Rice and Vegetables <span>L GF</span>	Breaded Fish with Chips, Beans and Peas	Pork Sausage with Mashed Potatoes, Vegetables and Gravy	Roast Chicken with Stuffing, Roast Potatoes, Vegetables and Gravy <span>L</span>
<b>Choice 2</b>	Broccoli Bake with New Potatoes and Vegetables <span>V</span>	Cheese and Onion Pie with Vegetables <span>V</span>	Spring Vegetable Pie with Roast Potatoes, Vegetables and Gravy <span>V</span>	Creamy Mushroom and Pasta Bake with Vegetables <span>V</span>	Cheese and Mixed Pepper Quiche with Chips, Beans and Peas <span>V</span>	Savoury Vegetable Rice with Vegetables <span>L V</span>	Sweetcorn Fritters with New Potatoes and Vegetables <span>V</span>
<b>Dessert</b>	White Chocolate and Raspberry Muffin	Pineapple Cake with Custard	Coffee Cake with Custard	Jam Sponge with Custard	Chocolate and Berry Cake	Fruit Salad	Bread Pudding with Custard

MENU CODES ✓ Healthy Option L Lactose Intolerance GF Gluten Free V Vegetarian

**Age UK Portsmouth Meals on Wheels Service** Tel: 023 9288 3509 Email: [mealsonwheels@ageukportsmouth.org.uk](mailto:mealsonwheels@ageukportsmouth.org.uk)

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