

# Wellbeing Checks with Meals - Week A Menu

Name: \_\_\_\_\_

Week Commencing:

Mon 28 Oct

Mon 18 Nov

Mon 9 Dec

Mon 30 Dec

Mon 20 Jan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main Course 1</b>	Beef & Ale Pie	Chicken & Bacon Hotpot	Sausages in Onion Gravy	Savoury Minced Beef	Sliced Turkey & Stuffing	Chicken & Mushroom Pie	Roast Beef
<b>Main Course 2</b>	Chicken Chassuer	Corned Beef Hash	Chicken in Gravy	Chicken & Veg Casserole	Lamb & Potato Curry	Meatballs, Chips and Mushy Peas	Pork & Veg Casserole
<b>Fish Course</b>	Fish in Parsley Sauce	Salmon Crumble	Fish Cakes	Fish in Butter Sauce	Breaded Fish	Salmon Supreme	Fish Pie
<b>Vegetarian Course</b>	Vegetable Cottage Pie	Cheese & Onion Pie	Vegetable Curry	Vegetable Hotpot	Mushroom Bake	Macaroni Cheese	Cauliflower Bake
<b>Hot Dessert 1 (Diabetic Dessert)</b>	Apple Crumble & Custard	Rhubarb Crumble & Custard	Blackcurrant Pie & Custard	Apple Pie & Custard	Sultana Sponge & Custard	Stewed Apple & Custard	Lemon Sponge & Custard
<b>Hot Dessert 2</b>	Bakewell Tart & Custard	Lemon Sponge with Summer Fruit	Rice Pudding	Ginger Sponge & Custard	Apricot Crumble & Custard	Sticky Toffee Pudding	Bread & Butter Pudding & Custard
<b>Cold Dessert</b>	Raspberry Dessert	Chocolate Mousse	Strawberry Sundae	Fruit Cocktail	Raspberry Trifle	Caramel Sundae	Strawberry Cheesecake
<b>Sandwiches can be ordered in addition to your meal £3.25</b>	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber
<b>Cakes can be ordered in addition to your meal £1.75</b>	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake



To order meals or change your selection, speak to your Age UK Wiltshire driver, email [wellbeingwithmeals@ageukwiltshire.org.uk](mailto:wellbeingwithmeals@ageukwiltshire.org.uk) or telephone 01793 279606

# Wellbeing Checks with Meals - Week B Menu

Name: \_\_\_\_\_

Week Commencing:

Mon 4 Nov

Mon 25 Nov

Mon 16 Dec

Mon 6 Jan

Mon 27 Jan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main Course 1</b>	Beef & Onion Pie	Chicken & Leek Hotpot	Cumberland Sausage	Cottage Pie	Beef Stew & Dumpling	Gammon & Mushroom Pie	Roast Chicken Breast
<b>Main Course 2</b>	Chicken Supreme	Irish Stew	Chicken in Gravy	Lambs Liver	Chicken Curry	All Day Breakfast	Lamb Casserole
<b>Fish Course</b>	Fish in Parsley Sauce	Salmon Crumble	Fish Cakes	Fish in Butter Sauce	Breaded Fish	Salmon Supreme	Fish Pie
<b>Vegetarian Course</b>	Vegetable Cottage Pie	Cheese & Onion Pie	Vegetable Curry	Vegetable Hotpot	Mushroom Bake	Macaroni Cheese	Cauliflower Bake
<b>Hot Dessert 1 (Diabetic Dessert)</b>	Rhubarb Crumble & Custard	Syrup Sponge & Custard	Brambley Apple Rice Pudding	Blackcurrant Pie & Custard	Blackberry & Apple Crumble & Custard	Apple Pie & Custard	Sultana Sponge & Custard
<b>Hot Dessert 2</b>	Rice Pudding & Apricot	Summer Fruit Crumble & Custard	Spotted Dick & Custard	Bakewell Tart & Custard	Orange Sponge & Orange Sauce	Apricot Crumble & Custard	Plum & Cherry Pie & Custard
<b>Cold Dessert</b>	Raspberry Dessert	Chocolate Mousse	Strawberry Sundae	Fruit Cocktail	Raspberry Trifle	Caramel Sundae	Strawberry Cheesecake
<b>Sandwiches can be ordered in addition to your meal £3.25</b>	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber
<b>Cakes can be ordered in addition to your meal £1.75</b>	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake



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# Wellbeing Checks with Meals - Week C Menu

Name: \_\_\_\_\_

Week Commencing:

Mon 11 Nov

Mon 2 Dec

Mon 23 Dec

Mon 13 Jan

Mon 3 Feb

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main Course 1</b>	Steak & Kidney Pie	Beef Hotpot	Sausage Casserole	Shepherds Pie	Braised Steak	Chicken & Vegetable Pie	Roast Pork in Gravy
<b>Main Course 2</b>	Lemon & Ginger Chicken	Vienna Steak	Chicken in Gravy	Pork with Sweet Peppers	Sweet & Sour Chicken	Beef Lasagne	Corned Beef Hash
<b>Fish Course</b>	Fish in Parsley Sauce	Salmon Crumble	Fish Cakes	Fish in Butter Sauce	Breaded Fish	Salmon Supreme	Fish Pie
<b>Vegetarian Course</b>	Vegetable Cottage Pie	Cheese & Onion Pie	Vegetable Curry	Vegetable Hotpot	Mushroom Bake	Macaroni Cheese	Cauliflower Bake
<b>Hot Dessert 1 (Diabetic Dessert)</b>	Lemon Sponge & Lemon Sauce	Apple Pie & Custard	Sultana Sponge & Custard	Brambley Apple Rice Pudding	Blackcurrant Pie & Custard	Syrup Sponge & Custard	Rhubarb Crumble & Custard
<b>Hot Dessert 2</b>	Sticky Toffee Pudding	Rice Pudding	Orange Sponge with Orange Sauce	Treacle Tart & Custard	Rice Pudding & Apricot	Bread & Butter Pudding & Custard	Spotted Dick & Custard
<b>Cold Dessert</b>	Raspberry Dessert	Chocolate Mousse	Strawberry Sundae	Fruit Cocktail	Raspberry Trifle	Caramel Sundae	Strawberry Cheesecake
<b>Sandwiches can be ordered in addition to your meal £3.25</b>	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber	Cheese Salad Chicken Mayo Egg & Cress Ham Salad Ham & Cheese Tuna & Cucumber
<b>Cakes can be ordered in addition to your meal £1.75</b>	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake	Chocolate Cake Ginger Cake Lemon Cake



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