

# Wellbeing Checks with Meals - Week A Menu

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

Week Commencing:

Mon 18 Aug

Mon 8 Sept

Mon 29 Sept

Mon 20 Oct

Mon 10 Nov

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main Course 1</b>	Beef Stew	Cottage Pie	Chicken in Gravy	Steak & Kidney Pie	Chicken Hotpot	Pork & Mushroom Casserole	Roast Beef
<b>Main Course 2</b>	Bangers & Mash	Chicken Supreme	Beef Lasagne	Sliced Turkey	Liver & Bacon Casserole	Sweet & Sour Chicken	Chicken & Mushroom Pie
<b>Fish Course</b>	Fishcakes & Mushy Peas	Fish Pie	Salmon & Broccoli Supreme	Fish in Parsley Sauce	Breaded Fish & Chips	Fish in Lemon Sauce	Salmon Crumble
<b>Vegetarian Course</b>	Provençal Veg Bake	Mushroom Stroganoff	Macaroni Cheese	Cheese & Onion Pie	Root Veg Spaghetti Bolognese	Vegetable Lasagne	Mushroom, Leek & Cheddar Bake
<b>Hot Dessert 1 (Diabetic Dessert)</b>	Apple Crumble & Custard	Lemon Sponge & Custard	Stewed Apple & Custard	Blackberry & Apple Crumble & Custard	Rhubarb Crumble & Custard	Sultana Sponge & Custard	Apple Pie & Custard
<b>Hot Dessert 2</b>	Rice Pudding	Spotted Dick & Custard	Bakewell Tart & Custard	Rice Pudding & Apricot	Orange Sponge & Custard	Ginger Sponge & Custard	Sticky Toffee Pudding & Custard
<b>Cold Dessert</b>	Coffee Dessert	Caramel Sundae	Strawberry Mousse	Apricot & Peach Dessert	Blackcurrant Cheesecake	Chocolate Mousse	Strawberry Trifle
<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,  
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# Wellbeing Checks with Meals - Week B Menu

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

Week Commencing:

Mon 25 Aug

Mon 15 Sept

Mon 6 Oct

Mon 27 Oct

Mon 17 Nov

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main Course 1</b>	Savoury Mince Beef	Cumberland Pie	Pork Loin & Stuffing	Beef & Ale Pie	Beef Hotpot	Lamb & Veg Casserole	Roast Chicken Breast
<b>Main Course 2</b>	Sausage Casserole	Ham in Parsley Sauce	Somerset Chicken Pie	Chicken Chasseur	Faggots in Onion Gravy	Chicken Curry	Gammon & Cheddar Pie
<b>Fish Course</b>	Fishcakes & Mushy Peas	Fish Pie	Salmon & Broccoli Supreme	Fish in Parsley Sauce	Breaded Fish & Chips	Fish in Lemon Sauce	Salmon Crumble
<b>Vegetarian Course</b>	Provencal Veg Bake	Mushroom Stroganoff	Macaroni Cheese	Cheese & Onion Pie	Root Veg Spaghetti Bolognese	Vegetable Lasagne	Mushroom, Leek & Cheddar Bake
<b>Hot Dessert 1 (Diabetic Dessert)</b>	Syrup Sponge & Custard	Bramble Apple Rice Pudding	Blackcurrant Pie & Custard	Apple Crumble & Custard	Sultana Sponge & Custard	Stewed Apple & Custard	Blackberry & Apple Crumble & Custard
<b>Hot Dessert 2</b>	Apricot Crumble & Custard	Bread & Butter Pudding & Custard	Orange Sponge & Custard	Rice Pudding	Treacle Tart & Custard	Summer Fruit Crumble & Custard	Rice Pudding & Apricot
<b>Cold Dessert</b>	Coffee Dessert	Caramel Sundae	Strawberry Mousse	Apricot & Peach Dessert	Blackcurrant Cheesecake	Chocolate Mousse	Strawberry Trifle
<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 1 Sept

Mon 22 Sept

Mon 13 Oct

Mon 3 Nov

Mon 24 Nov

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main Course 1</b>	Braised Steak	Shepherds Pie	Beef with Mashed Potato	Minted Lamb Pie	Lancashire Hotpot	Steak & Mushroom Casserole	Roast Pork
<b>Main Course 2</b>	Cumberland Sausages	Corned Beef Hash	Hunters Chicken	Chicken & Veg Stew	All Day Breakfast	Honey & Mustard Chicken	Chicken & Vegetable Pie
<b>Fish Course</b>	Fishcakes & Mushy Peas	Fish Pie	Salmon & Broccoli Supreme	Fish in Parsley Sauce	Breaded Fish & Chips	Fish in Lemon Sauce	Salmon Crumble
<b>Vegetarian Course</b>	Provençal Veg Bake	Mushroom Stroganoff	Macaroni Cheese	Cheese & Onion Pie	Root Veg Spaghetti Bolognese	Vegetable Lasagne	Mushroom, Leek & Cheddar Bake
<b>Hot Dessert 1 (Diabetic Dessert)</b>	Lemon Sponge & Custard	Rhubarb Crumble & Custard	Blackcurrant Pie & Custard	Sultana Sponge & Custard	Apple Pie & Custard	Bramble Apple Rice Pudding	Syrup Sponge & Custard
<b>Hot Dessert 2</b>	Plum & Cherry Pie & Custard	Bakewell Tart & Custard	Ginger Sponge & Custard	Apricot Crumble & Custard	Spotted Dick & Custard	Bread & Butter Pudding & Custard	Summer Fruit Crumble & Custard
<b>Cold Dessert</b>	Coffee Dessert	Caramel Sundae	Strawberry Mousse	Apricot & Peach Dessert	Blackcurrant Cheesecake	Chocolate Mousse	Strawberry Trifle
<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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