

SPRING/SUMMER MENU 2020 - 13th APRIL > 25th OCTOBER*



**MEALS
ON
WHEELS**

**PRYD
AR
GLUD**

**Meals
from
£3.90
per day**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	CHICKEN IN WINE OR SALMON CRUMBLE ----- APPLE CRUMBLE	ROAST TURKEY OR LAMB & VEGETABLE CASSEROLE ----- ORANGE SPONGE	COTTAGE PIE OR CREAMY PORK ----- RICE PUDDING & APRICOTS	CHICKEN CHASSUER OR BEEF STEW & DUMPLINGS ----- CHERRY & PLUM PIE	BRAISED STEAK OR MEATBALLS & PEAS ----- TREACLE TART	LANCASHIRE HOTPOT OR HAM & LEEK CRUMBLE ----- STICKY TOFFEE	ROAST BEEF & YORKSHIRE OR CHICKEN & VEG CASSEROLE ----- RHUBARB CRUMBLE
Week 2	SHEPHERDS PIE OR CHICKEN BREAST ----- BREAD & BUTTER PUDDING	ROAST PORK OR BEEF & ALE PIE ----- JAM ROLY POLY	VIENNA STEAK OR CHICKEN & LEEK ----- BLACKCURRANT SPONGE	SAUSAGE CASSEROLE OR FISH & CHIPS ----- STEWED APPLE	ROAST BEEF OR HAM IN PARSLEY ----- RHUBARB CRUMBLE	CHICKEN & MUSHROOM OR BREADED FISH & MASH ----- SUMMERFRUIT PIE	CUMBERLAND SAUSAGE OR ROAST LAMB ----- APPLE CRUMBLE
Week 3	CHICKEN CASSEROLE OR BEEF LASAGNE ----- RICE PUDDING	FISH CAKES OR PORK LOIN ----- SPOTTED DICK	MINCED BEEF PIE OR SAUSAGES IN GRAVY ----- SUMMER FRUIT CRUMBLE	IRISH STEW OR CHICKEN SUPREME ----- LEMON SPONGE	LANCASHIRE HOTPOT OR CHICKEN & VEGETABLE PIE ----- BAKEWELL TART	BRAISED STEAK OR PORK STEAKLETTE ----- RICE & STEWED APPLE	CHICKEN BREAST OR SAVOURY LAMB & DUMPLINGS ----- BLACKCURRANT SPONGE
Week 4	PORK & ROOT VEGETABLE CASSEROLE OR BREADED FISH & MASH ----- JAM SPONGE	BEEF HOTPOT OR GAMMON & MUSHROOM PIE ----- APPLE PIE	MEDITERRANEAN CHICKEN OR CUMBERLAND SAUSAGE ----- BAKED FRUIT PUDDING	FISH IN BUTTER SAUCE OR ROAST BEEF ----- APRICOT CRUMBLE	ROAST LAMB OR CHICKEN & CHEESE ----- SYRUP SPONGE	ROAST TURKEY & STUFFING OR ALL DAY BREAKFAST ----- JAM ROLY POLY	PORK LOIN & STUFFING OR STEAK & KIDNEY PIE ----- SULTANA SPONGE

* Menu is subject to change and availability. Please note that a selection of vegetarian, vegan, kosher, halal, gluten free, soft and textured modified options are available on request. Please advise of any dietary requirements for the team to assist and accommodate.

Contact our friendly team today on: **029 2053 7080** - mealsonwheels@cardiff.gov.uk