

# WINTER MENU 2020/21 - 19th NOVEMBER 2020 > 14th APRIL 2021\*



**MEALS  
ON  
WHEELS**

**PRYD  
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GLUD**

**Meals  
from  
£3.90  
per day**

SGŌR HYLENDID BWYD  
FOOD HYGIENE RATING

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VERY GOOD



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	CHICKEN CHASSEUR OR BEEF LASAGNE ----- RICE PUDDING	FISH CAKES OR PORK LOIN ----- SPOTTED DICK	MINCE BEEF PIE OR IRISH STEW ----- SUMMER FRUIT CRUMBLE	CUMBERLAND SAUSAGE OR CHICKEN SUPREME ----- LEMON SPONGE	LANCASHIRE HOT POT OR CHICKEN & VEG PIE ----- BAKEWELL TART	HAM & LEEK OR BEEF LASAGNE ----- STICKY TOFFEE PUDDING	ROAST BEEF AND YORKSHIRE OR CHICKEN & VEG CASSEROLE ----- RHUBARB CRUMBLE
Week 2	CHICKEN CHASSEUR OR BEEF STEW & DUMPLINGS ----- CHERRY & PLUM PIE	BRAISED STEAK OR MEATBALLS & PEAS ----- TREACLE TART	CHICKEN IN RED WINE OR SALMON CRUMBLE ----- APPLE CRUMBLE	ROAST TURKEY OR LAMB & VEG CASSEROLE ----- ORANGE SPONGE	COTTAGE PIE OR CREAMY PORK ----- RICE PUDDING & APRICOTS	CHICKEN & MUSHROOM OR BEEF STEW & DUMPLINGS ----- SUMMER FRUIT PIE	CHICKEN CHEESE & BACON OR ROAST LAMB ----- APPLE CRUMBLE
Week 3	FISH & BUTTER SAUCE OR ROAST BEEF ----- APRICOT CRUMBLE	BEEF HOT POT OR CHICKEN CHEESE & BACON ----- GOLDEN SYRUP SPONGE	PORK & VEG CASSEROLE OR BREADED FISH MASH ----- JAM ROLY POLY	MEDITERRANEAN CHICKEN OR GAMMON & MUSHROOM PIE ----- APPLE PIE	ROAST LAMB OR CHICKEN SUPREME ----- BAKED BREAD PUDDING	BRAISED STEAK OR PORK STEAKETTE ----- RICE & STEWED APPLE	CHICKEN BREAST OR SAVOURY LAMB & DUMPLINGS ----- BLACKCURRANT SPONGE
Week 4	ROAST BEEF OR HAM IN PARSLEY ----- RHUBARB CRUMBLE	LAMB & VEG CASSEROLE OR FISH AND CHIPS ----- STEWED APPLE & CUSTARD	SHEPHERDS PIE OR CHICKEN BREAST ----- BREAD & BUTTER PUDDING	ROAST PORK OR BEEF & ALE PIE ----- JAM ROLY POLY	VIENNA STEAK OR CHICKEN & LEEK HOT POT ----- BLACKCURRANT PIE	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.

CHRISTMAS EVE	CHRISTMAS DAY	BOXING DAY
CUMBERLAND SAUSAGE OR BREADED FISH & CHIPS ----- CHRISTMAS TRIFLE	ROAST TURKEY ----- CHRISTMAS PUDDING	FESTIVE ROAST PORK OR STEAK IN RED WINE ----- SPICED APPLE CRUMBLE



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