

Week 4 2009

Meals on Wheels



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup served with bread		Minestrone served with bread		Potato Soup served with bread
Main Meal	Gammon Steak & Pineapple Carrots/Peas Baby Potatoes	Steak Pie Mixed Vegetables Parsley Potatoes	Smoked Fish Broccoli Roast Potatoes	Pork Sausages Cabbage Creamed Potatoes	Managers Special
Dessert	Orange Juice	Iced Gingerbread & Custard Tropical Juice	Orange Juice	Fruit Sponge & Custard Tropical Juice	Orange Juice

* Non Meat Item

17th August 09

14th September 09

12th October 09 9th November 09

7th December 09

4th January 2010

1st February 2010

1st March 2010

29th March 2010