

Wellbeing Checks with Meals - Week A Menu

Name: _____

Week Commencing:

Mon 20 Jan

Mon 10 Feb

Mon 3 Mar

Mon 24 Mar

Mon 14 Apr

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course 1	Beef & Ale Pie	Chicken & Bacon Hotpot	Sausages in Onion Gravy	Savoury Minced Beef	Sliced Turkey & Stuffing	Chicken & Mushroom Pie	Roast Beef
Main Course 2	Chicken Chassuer	Corned Beef Hash	Chicken in Gravy	Chicken & Veg Casserole	Lamb & Potato Curry	Meatballs, Chips and Mushy Peas	Pork & Veg Casserole
Fish Course	Fish in Parsley Sauce	Salmon Crumble	Fish Cakes	Fish in Butter Sauce	Breaded Fish	Salmon Supreme	Fish Pie
Vegetarian Course	Vegetable Cottage Pie	Cheese & Onion Pie	Vegetable Curry	Vegetable Hotpot	Mushroom Bake	Macaroni Cheese	Cauliflower Bake
Hot Dessert 1 (Diabetic Dessert)	Apple Crumble & Custard	Rhubarb Crumble & Custard	Blackcurrant Pie & Custard	Apple Pie & Custard	Sultana Sponge & Custard	Stewed Apple & Custard	Lemon Sponge & Custard
Hot Dessert 2	Bakewell Tart & Custard	Lemon Sponge with Summer Fruit	Rice Pudding	Ginger Sponge & Custard	Apricot Crumble & Custard	Sticky Toffee Pudding	Bread & Butter Pudding & Custard
Cold Dessert	Raspberry Dessert	Chocolate Mousse	Strawberry Sundae	Fruit Cocktail	Raspberry Trifle	Caramel Sundae	Strawberry Cheesecake
Sandwiches can be ordered in addition to your meal £3.25	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
Cakes can be ordered in addition to your meal £1.75	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 Southampton driver, email wellbeingwithmeals@ageuksouthampton.org.uk or telephone 023 80 019540

Wellbeing Checks with Meals - Week B Menu

Name: _____

Week Commencing:

Mon 6 Jan

Mon 27 Jan

Mon 17 Feb

Mon 10 Mar

Mon 31 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course 1	Beef & Onion Pie	Chicken & Leek Hotpot	Cumberland Sausage	Cottage Pie	Beef Stew & Dumpling	Gammon & Mushroom Pie	Roast Chicken Breast
Main Course 2	Chicken Supreme	Irish Stew	Chicken in Gravy	Lambs Liver	Chicken Curry	All Day Breakfast	Lamb Casserole
Fish Course	Fish in Parsley Sauce	Salmon Crumble	Fish Cakes	Fish in Butter Sauce	Breaded Fish	Salmon Supreme	Fish Pie
Vegetarian Course	Vegetable Cottage Pie	Cheese & Onion Pie	Vegetable Curry	Vegetable Hotpot	Mushroom Bake	Macaroni Cheese	Cauliflower Bake
Hot Dessert 1 (Diabetic Dessert)	Rhubarb Crumble & Custard	Syrup Sponge & Custard	Brambley Apple Rice Pudding	Blackcurrant Pie & Custard	Blackberry & Apple Crumble & Custard	Apple Pie & Custard	Sultana Sponge & Custard
Hot Dessert 2	Rice Pudding & Apricot	Summer Fruit Crumble & Custard	Spotted Dick & Custard	Bakewell Tart & Custard	Orange Sponge & Orange Sauce	Apricot Crumble & Custard	Plum & Cherry Pie & Custard
Cold Dessert	Raspberry Dessert	Chocolate Mousse	Strawberry Sundae	Fruit Cocktail	Raspberry Trifle	Caramel Sundae	Strawberry Cheesecake
Sandwiches can be ordered in addition to your meal £3.25	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
Cakes can be ordered in addition to your meal £1.75	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 13 Jan

Mon 3 Feb

Mon 24 Feb

Mon 17 Mar

Mon 7 Apr

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