

ASHGROVE MEALS ON WHEELS EIGHT WEEK MENU PLAN from 07/09/20
(Please note menu items maybe substituted from time to time)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Mushroom Soup (GF) Spaghetti Bolognese Potato & Pumpkin Broccoli Fruit Cake & Custard	Minestrone Soup Grilled Fish & Parsley Sauce (GF) Potato & Pumpkin Panache Vegetables Sticky Date Pudding & Custard	Tomato Soup (GF) Chicken Curry & Rice (GF) Potato & Pumpkin Peas Peaches & Cream (GF)	Potato & Leek Soup (GF) Lasagne Potato & Pumpkin Caul. Broccoli & Carrot Mango Mousse & Fruit Salad	Celery Soup Roast Pork & Apple Sauce (GF) Roast Potato & Pumpkin Beans Lemon Cheesecake, Cream & Raspberry sauce
Week Two	Pea & Ham Soup (GF) Curried Sausages (GF) Potato & Pumpkin Peas Baked Apple, Mango Puree & Greek Yoghurt (GF)	Chicken Soup (GF) Tuna Bake (GF) Potato & Pumpkin Mixed Vegetables Strawberry Mousse & Pears (GF)	Vegetable Soup (GF) Cottage Pie (GF) Potato & Pumpkin Broccoli Citrus Cake with Pomegranate Syrup & Cream	Asparagus Soup Bacon Frittata (GF) Potato & Pumpkin Beans & Corn Apricots, Jelly & Custard (GF)	Chicken & Sweet Corn Soup (GF) Roast Beef & Gravy & Stuffing Roast Potato & Pumpkin Peas Tapioca Pudding & Custard (GF)
Week Three	Potato & Leek Soup (GF) Beef Rissoles & Gravy Potato & Pumpkin Beans Appleberry Danish & Custard	Mushroom Soup (GF) Sweet & Sour Pork With Rice Potato & Pumpkin Peas Fruit Cake & Custard	Chicken Soup (G) Beef Stroganoff with Fettuccini Potato & Pumpkin Cauliflower, Broccoli & Carrots Apple Crumble & Custard	Celery Soup Meatloaf Potato & Pumpkin Broccoli Creamed Rice & Custard (GF)	Minestrone Soup Corned Beef & Mustard Sauce (GF) Potato & Pumpkin Mixed Vegetables Pineapple Sago & Custard (GF)
Week Four	Chicken & Sweet Corn Soup (GF) Crumbed Fish & Tartare Sauce Potato & Pumpkin Peas White Chocolate Carrot Cake	Tomato Soup (GF) Chicken & Bacon Pasta Potato & Pumpkin Mixed Vegetables Fruit Salad, Jelly & Custard (GF)	Asparagus Soup Beef & Vegetable Stew (GF) Potato & Pumpkin Broccoli Pannacotta & Peaches (GF)	Pea & Ham Soup (GF) Sausages & Gravy (GF) Potato & Pumpkin Melange Vegetables Chocolate Mousse & Cream	Vegetable Soup (GF) Roast Chicken & Gravy & Stuffing Roast Potato & Pumpkin Beans & Corn Bread & Butter Pudding & Custard

	Monday	Tuesday	Wednesday	Thursday	Friday
Week Five	Mushroom Soup (GF) Beef Lasagne Potato & Pumpkin Broccoli Fruit Cake & Custard	Minestrone Soup Chicken Curry & Rice (GF) Potato & Pumpkin Peas Sticky Date Pudding & Custard	Tomato Soup (GF) Grilled Fish & Parsley Sauce (GF) Potato & Pumpkin Cauliflower, Beans & Broccoli Peaches & Cream (GF)	Potato & Leek Soup (GF) Spaghetti Bolognese Potato & Pumpkin Caul. Broccoli & Carrot Mango Mousse & Fruit Salad (GF)	Celery Soup Roast Pork & Apple Sauce (GF) Roast Potato & Pumpkin Beans Lemon Cheesecake, Cream & Raspberry sauce
Week Six	Pea & Ham Soup (GF) Tuna Bake (GF) Potato & Pumpkin Cauliflower, Beans & Broccoli Baked Apple, Mango Puree & Greek Yoghurt (GF)	Chicken Soup (GF) Cottage Pie (GF) Potato & Pumpkin Mixed Vegetables Strawberry Mousse & Pears (GF)	Vegetable Soup (GF) Bacon Frittata (GF) Potato & Pumpkin Beans & Corn Citrus Cake with Pomegranate Syrup & Cream	Asparagus Soup Curried Sausages (GF) Potato & Pumpkin Broccoli Apricots, Jelly & Custard (GF)	Chicken & Sweet Corn Soup (GF) Roast Beef & Gravy & Stuffing Roast Potato & Pumpkin Peas Tapioca Pudding & Custard (GF)
Week Seven	Potato & Leek Soup (GF) Meatloaf Potato & Pumpkin Beans Appleberry Danish & Custard	Celery Soup Beef Stroganoff With Fettuccini Potato & Pumpkin Peas & Carrots Fruit Cake & Custard (GF)	Chicken Soup (GF) Sweet & Sour Pork with Rice Potato & Pumpkin Broccoli Pineapple Sago & Custard (GF)	Mushroom Soup (GF) Beef Rissoles & Gravy Potato & Pumpkin Mixed Vegetables Apple Crumble & Custard	Minestrone Soup Corned Beef & Mustard Sauce (GF) Potato & Pumpkin Broccoli, Cauliflower & Carrots Creamed Rice & Custard (GF)
Week Eight	Chicken & Sweet Corn Soup (GF) Sausages & Gravy (GF) Potato & Pumpkin Peas White Choc Carrot Cake	Tomato Soup (GF) Crumbed Fish & Tartare Sauce Potato & Pumpkin Cauliflower, Broccoli & Carrots Pannacotta & Peaches	Asparagus Soup Chicken & Bacon Pasta Potato & Pumpkin Mixed Vegetables Fruit Salad, Jelly & Custard (GF)	Pea & Ham Soup (GF) Beef & Vegetable Stew (GF) Potato & Pumpkin Broccoli Chocolate Mousse & Cream	Vegetable Soup (GF) Roast Chicken & Gravy & Stuffing Roast Potato & Pumpkin Beans & Corn Bread & Butter Pudding Custard