

Pomona & District Meals on Wheels - 5 Week Menu Spring 2021

Week 1	Monday	Wednesday	Friday
1st Main Hot	Ch.sausage cassoulet GF&DF	Tangy Meatloaf DF with Oats	Roast Beef GF & DF
2nd Main Chilled	Seasonal Veggie Slice GF	Vegetarian Lasagne	Butter Chicken on rice GF
1st Dessert	Carrot Sultana & Walnut cake GF/DF	Baked Cheesecake & Fruit	Vanilla Pudding
2nd Dessert	Pannacotta GF/ DF	Fruit in Jelly GF/DF	Pear & Ginger Custard GF/ DF
1st Soup Hot	Creamy Pea & Ham GF/DF	Pumpkin	Carrot & Sweet Pot.
Week 2	Monday	Wednesday	Friday
1st Main Hot	Roast Chicken GF/DF	Beef Stroganoff GF	Fish with Herb Crust (GF/DF with Oats)
2nd Main Chilled	Rissoles with Gravy GF DF	Vegetarian Quiche	Lamb Tagine GF/DF
1st Dessert	Chocolate Mousse GF	Butterscotch Pudding	Sticky Date Pudding
2nd Dessert	Apple Crumble DF with Oats	Lemon Delicious	Apricot Pie GF/ DF
1st Soup Hot/Salad	Carrot & Chickpea	Cheesy Cauliflower	Lentil & Veg
Week 3	Monday	Wednesday	Friday
1st Main Hot	Roast Pork GF/ DF	Chicken Korma. GF/DF	Fish in Lemon Butter Sauce GF
2nd Main Chilled	Chicken Loaf with Chutney GF(DF)	Savoury Mince with Mash GF(DF)	Pork Sausages & apple sauce GF(DF)
1st Dessert	Peach Cobbler	Chocolate Brownie GF	Self saucing pudding
2nd Dessert	Berry Compote GF(DF)	Pears with Lemon & Cinnamon	Pannacotta GF/DF
1st Soup Hot	Tomato & Rice GF	Barley	Creamy Chicken & Veg
Week 4	Monday	Wednesday	Friday
1st Main Hot	Beef Madras Curry GF/ DF	Lentil Cottage Pie GF	Roast Lamb
2nd Main Chilled	Chicken Saus w S/S Cabbage GF/DF	Creamy Tarragon Chicken GF	Pumpkin & Feta Risotto GF(DF)
1st Dessert	Fruit Crumble with Oats DF	Fudgy Chocolate Cake	Coffee Pannacotta GF/ DF
2nd Dessert	Lemon Yoghurt Cake	Lemon Mousse GF	Strawberry Jelly with Cream GF(DF)
1st Soup Hot/Salad	Spring Vegetable GF/ DF	Mushroom & Potato	Beef & Vegetable
Week 5	Monday	Wednesday	Friday
1st Main Hot	Apricot Chicken & Rice GF/DF	Pork Satay GF.	Fish in Parsley Sauce GF.
2nd Main Chilled	Beef Sausages. & Onion Gravy GF	Veg Stirfry & Noodles	Beef Hotpot GF/DF
1st Dessert	Swedish Apple Pie	Pineapple Cream GF	Banana Cake
2nd Dessert	Lemon Tart	Stewed Apple & Ice Cream GF	Fruit Salad & Custard GF
1st Soup Hot	Leek & Potato Soup GF	Red Lentil Soup GF/DF	Chicken & Sweetcorn GF/DF