

Blaenau-Gwent Community Meals Service



Summer 2020 Menu



**Blaenau Gwent Community Meals - Week 1 Menu**

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| Main Meal Options | | | | | | | |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday  (Frozen meal) | Sunday  (Frozen meal) |
| Option A | Beef and roast potatoes with peas, carrots, Yorkshire pudding and gravy | Chicken breast, roast potatoes, sprouts, cauliflower, peas, stuffing and gravy | Pork loin and stuffing, mashed potatoes, cabbage and carrots | Lamb in gravy, roast and mashed potatoes, green beans and carrots | Turkey with stuffing and roast potatoes, carrots, parsnips and green beans | A meal of choice off the menu | A meal of choice off the menu |
| Option B | Lancashire hotpot with carrots and swede | Minced beef pie, boiled potatoes, peas and carrots | Cumberland sausage in gravy, mashed potatoes, carrots and swede | Beef curry  With rice | Chicken and vegetable pie, mashed potatoes, carrots and peas | A meal of choice off the menu | A meal of choice off the menu |
| Alternative  Option | All day breakfast, beans, hash brown, omelette and bacon | Salmon crumble, mashed potatoes, broccoli, peas and green beans | Braised steak, mashed potatoes and green beans | Chicken breast with bacon and cheese, potatoes, peas and carrots | Breaded fish with creamed potatoes and peas | A meal of choice off the menu | A meal of choice off the menu |
| Dessert Options | | | | | | | |
| Option A | Apple pie with custard | Golden syrup sponge and custard | Lemon sponge with lemon sauce and custard | Apple and blackberry crumble with custard | Jam sponge with custard | A desert of choice off the menu | A desert of choice off the menu |
| Option B | Strawberry sundae | Blackcurrant cheese cake | Raspberry Trifle | Caramel sundae | Strawberry Trifle | A desert of choice off the menu | A desert of choice off the menu |

**Blaenau Gwent Community Meals - Week 2 Menu**

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| Main Meal Options | | | | | | | |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday  (Frozen meal) | Sunday  (Frozen meal) |
| Option A | Pork loin and stuffing, mashed potatoes, cabbage and carrots | Lamb in gravy, roast and mashed potatoes, green beans and carrots | Turkey with stuffing and roast potatoes, carrots, parsnips and green beans | Beef and roast potatoes with peas, carrots, Yorkshire pudding and gravy | Chicken breast, roast potatoes, sprouts, cauliflower, peas, stuffing and gravy | A meal of choice off the menu | A meal of choice off the menu |
| Option B | Cottage pie with carrots, swede and green beans | Chicken and mushroom pie with potatoes, swede, carrots and green beans | Faggots in onion gravy with mashed potatoes, peas and carrots | Minted lamb and dumplings with mashed potatoes, carrots and swede | Minced beef pie with boiled potatoes, peas and carrots | A meal of choice off the menu | A meal of choice off the menu |
| Alternative  Option | Lamb and potato curry with rice | Fish in butter sauce, potato croquettes, carrots and green beans | All day breakfast, beans, hash brown, omelette and bacon | Cumberland sausage in gravy, mashed potatoes, carrots and swede | Breaded fish with creamed potatoes and peas | A meal of choice off the menu | A meal of choice off the menu |
| Dessert Options | | | | | | | |
| Option A | Rhubarb crumble and custard | Bakewell tart and custard | Lemon sponge with lemon sauce and custard | Apple pie with custard | Golden syrup sponge and custard | A desert of choice off the menu | A desert of choice off the menu |
| Option B | Caramel sundae | Strawberry cheesecake | Raspberry Trifle | Blackcurrant cheese cake | Strawberry sundae | A desert of choice off the menu | A desert of choice off the menu |

**Blaenau Gwent Community Meals - Week 3 Menu**

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| Main Meal Options | | | | | | | |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday  (Frozen meal) | Sunday  (Frozen meal) |
| Option A | Turkey with stuffing and roast potatoes, carrots, parsnips and green beans | Beef and roast potatoes with peas, carrots, Yorkshire pudding and gravy | Lamb in gravy, roast and mashed potatoes, green beans and carrots | Chicken breast, roast potatoes, sprouts, cauliflower, peas, stuffing and gravy | Pork loin and stuffing, mashed potatoes, cabbage and carrots | A meal of choice off the menu | A meal of choice off the menu |
| Option B | Cumberland sausage in gravy, mashed potatoes, carrots and swede | Chicken and mushroom pie with potatoes, swede, carrots and green beans | Cottage pie with carrots, swede and green beans | Lancashire hotpot with carrots and swede | Minted lamb and dumplings with mashed potatoes, carrots and swede | A meal of choice off the menu | A meal of choice off the menu |
| Alternative  Option | Chicken breast with bacon and cheese, potatoes, peas and carrots | Salmon crumble, mashed potatoes, broccoli, peas and green beans | All day breakfast, beans, hash brown, omelette and bacon | Chicken curry with rice | Breaded fish with creamed potatoes and peas | A meal of choice off the menu | A meal of choice off the menu |
| Dessert Options | | | | | | | |
| Option A | Plum and cherry crumble with custard | Apple pie with custard | Jam sponge with custard | Apple and blackberry crumble with custard | Bakewell tart and custard | A desert of choice off the menu | A desert of choice off the menu |
| Option B | Strawberry Trifle | Blackcurrant cheese cake | Caramel sundae | Raspberry Trifle | Strawberry cheesecake | A desert of choice off the menu | A desert of choice off the menu |