

Croydon Vision - Eat well, Live well and Age well

Monday 6th November

(Includes main course and dessert)

Meat: Sausage and mash with beans and gravy

Fish: Baked cod served with mash and beans

Dessert: Fruit salad with ice cream or yogurt

Tuesday 7th November

(Includes main course and dessert)

Meat: Cottage pie served with steamed vegetables and gravy

Fish: Baked haddock served with potatoes and steamed vegetables

Dessert: Homemade rice pudding with jam or fruit salad served with ice cream and yogurt

Wednesday 8th November

(Includes main course and dessert)

Meat: Pasta bolognese served with steamed vegetables

Fish: Baked cod served with potatoes and steamed vegetables

Dessert: Homemade custard tart or fresh fruit salad served with ice cream or yogurt

Thursday 9th November

(Includes main course and dessert)

Meat: Roast chicken served with roast potatoes, steamed vegetables and gravy

Vegetarian: Meat free sausages served with roast potatoes, steamed vegetables and gravy

Dessert: Homemade sponge cake with custard or fresh fruit salad served with ice cream or yogurt

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Monday 13th November
(Includes main course and dessert)

Meat: Chicken and potato bake served with steamed vegetables

Fish: Baked salmon served with potatoes and steamed vegetables

Dessert: Fruit salad with yogurt or ice cream

Tuesday 14th November
(Includes main course and dessert)

Meat: Roast pork served with roast potatoes, steamed vegetables and gravy

Vegetarian: Lentil and bean stew served with roast potatoes and steamed vegetables

Dessert: Homemade panna cotta with berries or fruit salad with yogurt or ice cream

Wednesday 15th November
(Includes main course and dessert)

Meat: Chicken and vegetable pie served with steamed vegetables

Fish: Baked haddock served with potatoes and steamed vegetables

Dessert: Homemade semolina or seasonal fruit salad with yogurt or ice cream

Thursday 16th November
(Includes main course and dessert)

Meat: Chicken hotpot served with steamed vegetables and gravy

Fish: Baked salmon with potatoes and steamed vegetables

Dessert: Homemade strawberry angel delight or fruit salad with yogurt or ice cream

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Monday 20th November
(Includes main course and dessert)

Meat: Beef pasta bolognese served with steamed vegetables

Fish: Baked haddock served with potatoes and steamed vegetables

Dessert: Seasonal fruit salad with yogurt or ice cream

Tuesday 21st November
(Includes main course and dessert)

Meat: Chicken tikka served with rice or potatoes and steamed vegetables

Fish: Baked cod served with potatoes and steamed vegetables

Dessert: Homemade bread and butter pudding with custard or summer fruit salad served with ice cream or yogurt

Wednesday 22nd November
(Includes main course and dessert)

Meat: Roast chicken served with roast potatoes, steamed vegetables and gravy

Fish: Baked cod served with roast potatoes and steamed vegetables

Dessert: Homemade plum tart served with custard or seasonal fruit salad with yogurt or ice cream

Thursday 23rd November
(Includes main course and dessert)

Meat: Beef stew served with mash and steamed vegetables

Fish: Baked salmon served with potatoes and steamed vegetables

Dessert: Homemade fruit cocktail trifle or summer fruit salad served with ice cream or yogurt

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Monday 27th November
(Includes main course and dessert)

Meat: Sausage and chips served with baked beans

Fish: Baked cod served with potatoes and steamed vegetables

Dessert: Seasonal fruit salad with yogurt or ice cream

Tuesday 28th November
(Includes main course and dessert)

Meat: Roast pork served with roast potatoes, steamed vegetables and gravy

Vegetarian: Cauliflower cheese with roast potatoes and steamed vegetables

Dessert: Homemade blueberry crumble with custard or fruit salad with yogurt or ice cream

Wednesday 29th November
(Includes main course and dessert)

Meat: Chicken casserole served with mash and steamed vegetables

Fish: Baked cod served with mash and steamed vegetables

Dessert: Homemade chocolate angel delight or seasonal fruit salad with ice cream or yogurt

Thursday 30th November
(Includes main course and dessert)

Meat: Shepherd's pie served with steamed vegetables and gravy

Fish: Baked haddock served with potatoes and steamed vegetables

Dessert: Homemade strawberry cheesecake or seasonal fruit salad with ice cream or yogurt