

Croydon Vision - Eat well, Live well and Age well

Monday 5th February
(Includes choice of main course and dessert)

Meat: Beef burgers served with chips and beans

Fish: Baked haddock served with potatoes and steamed vegetables

Dessert: fruit salad with yogurt or ice cream

Tuesday 6th February
(Includes choice of main course and dessert)

Meat: Chicken hot pot served with steamed vegetables and gravy

Fish: Baked cod served with potatoes and steamed vegetables

Dessert: Homemade Plum tart with custard or fruit salad with yogurt or ice-cream

Wednesday 7th February
(Includes choice of main course and dessert)

Meat: Steak pie served with mash, steamed vegetables and gravy

Fish: Baked haddock served with potatoes and steamed vegetables

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

Thursday 8th February
(Includes choice of 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: Bread and butter pudding with custard or seasonal fruit salad with yogurt or ice-cream

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Monday 12th February
(Includes choice of main course and dessert)

Meat: Chicken and diced potatoes in creamy sauce served with steamed vegetables

Fish: Baked cod served with potatoes and steamed vegetables

Dessert: fruit salad with yogurt or ice cream

Tuesday 13th February
(Includes choice of main course and dessert)

Meat: Lamb stew served with rice or potatoes and steamed vegetables

Fish: Baked salmon served with potatoes and steamed vegetables

Dessert: Pancake with maple syrup & berries or fruit salad with yogurt or ice-cream

Wednesday 14th February
(Includes choice of main course and dessert)

Meat: Chicken casserole served with mash, steamed vegetables and gravy

Fish: Baked cod served with potatoes and steamed vegetables

Dessert: Homemade sponge cake with custard or seasonal fruit salad with yogurt or ice-cream

Thursday 15th February
(Includes choice of main course and dessert)

Meat: Jacket potato served with tuna, baked beans and cheese with coleslaw

Vegetarian: Jacket potato served with baked beans and cheese with coleslaw

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

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Monday 19th February
(Includes choice of main course and dessert)

Meat: Chicken pasta baked served with steamed vegetables

Fish: Baked cod served with potatoes and steamed vegetables

Dessert: fruit salad with yogurt or ice cream

Tuesday 20th February
(Includes choice of main course and dessert)

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

Vegetarian: Stuffed peppers served with roast potatoes, steamed vegetables and gravy

Dessert: Homemade tiramisu or fruit salad with yogurt or ice-cream

Wednesday 21st February
(Includes choice of main course and dessert)

Meat: Chicken fried rice served with steamed vegetables

Fish: Baked haddock served with potatoes and steamed vegetables

Dessert: Homemade baked apples with custard or seasonal fruit salad with yogurt or ice-cream

Thursday 22nd February
(Includes choice of main course and dessert)

Meat: Meatball stew served with rice or potatoes and steamed vegetables

Vegetarian: Baked salmon served with potatoes and steamed vegetables

Dessert: Homemade berry crumble with custard or seasonal fruit salad with yogurt or ice-cream

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Monday 26th February
(Includes choice of main course and dessert)

Meat: Beef stew served with mash, steamed vegetables and gravy

Fish: Baked cod served with potatoes and steamed vegetables

Dessert: fruit salad with yogurt or ice cream

Tuesday 27th February
(Includes choice of main course and dessert)

Meat: Stew chicken 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 fruit salad with yogurt or ice-cream

Wednesday 28th February
(Includes choice of main course and dessert)

Meat: Pasta Bolognese served with steamed vegetables

Fish: Baked haddock served with potatoes and steamed vegetables

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

Thursday 29th February
(Includes choice of main course and dessert)

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

Vegetarian: Vegetable pasta served with steamed vegetables

Dessert: Homemade chocolate brownie with custard or seasonal fruit salad with yogurt or ice-cream