

Croydon Vision - Eat well, Live well and Age well

Monday 2nd December

(Includes main course and dessert)

Meat: Beef pasta bake served with steamed vegetables

Fish: Baked haddock served with potatoes and steamed vegetables

Dessert: Fruit salad served with ice cream and yogurt

Tuesday 3rd December

(Includes main course and dessert)

Meat: Shepherd's pie served steamed vegetables and gravy

Fish: Baked haddock served with potatoes and steamed vegetables

Dessert: Homemade baked apples with custard or fruit salad served with ice cream and yogurt

Wednesday 4th December

(Includes main course and dessert)

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

Fish: Baked cod served with potatoes and steamed vegetables

Dessert: Homemade baked apples with custard or Fresh fruit salad served with ice cream or yogurt

Thursday 5th December

(Includes main course and dessert)

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

Fish: Cod fish cakes served with roast potatoes and steamed vegetables

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

brownie

Monday 9th December
(Includes main course and dessert)

Meat: Chicken and potatoes bake served with steamed vegetables

Fish: Baked cod served with potatoes and steamed vegetables

Dessert: Fruit salad with yogurt or ice cream

Tuesday 10th December
(Includes main course and dessert)

Meat: Stew chicken served with rice or potatoes and steamed vegetables

Fish: Fish caked served with potatoes and steamed vegetables

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

Wednesday 11th December
(Includes main course and dessert)

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

Fish: Baked cod served with potatoes and steamed vegetables

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

Thursday 12th December
(Includes main course and dessert)

Meat: Beef lasagne served with steamed vegetables

Fish: Baked haddock served with potatoes and steamed vegetables

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

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Monday 16th December

(Includes main course and dessert)

Meat: Sausage and chips served with baked beans

Fish: Baked cod served with mash and steamed vegetables

Dessert: Fruit salad with ice cream or yogurt

Tuesday 17th December

(Includes main course and dessert)

Meat: Chili-con carne served with rice or potatoes and steamed vegetables

Fish: Cod fish cakes served with potatoes and steamed vegetables

Dessert: Homemade strawberry trifle or fruit salad served with ice cream and yogurt

Wednesday 18th December

(Includes main course and dessert)

Meat: Chicken pasta bake served with steamed vegetables

Fish: Baked haddock served with potatoes and steamed vegetables

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

Thursday 19th December

(Includes main course and dessert)

CHRISTMAS LUNCH