



# Tiptree Meals

*Quality meals at low prices*

## Menu

Day	Week 1	Week 2	Week 3	Week 4
Monday	+Pork and Apple Casserole or Steak and Kidney Pie +Jelly of Chocolate sponge	+Meat Loaf or Lamb Steaklet +Rice Pudding or Blancmange	+Savoury Flan with Salador Roast Pork +Jam Sponge or Pears in chocolate sauce	+Grilled sausage and Lamb casserole +Gingerbread or Peach Melba
Tuesday	+Steak and Kidney Pie or Savoury Mince +Jelly or Apple Pie and Custard	+Lamb Steaklet or Fish in Parsley Sauce +Blancmange or Syrup Sponge	+Roast pork or Sausage Casserole +Pears in chocolate sauce or Prunes in Custard	+Lamb Casserole or Chilli con carne +Peach Melba or Bread Pudding
Wednesday	+Savoury Mince or Roast Turkey +Apple Pie and Custard or Creme Caramel	+Fish in Parsley Sauce or Sausage Toad +Bread Pudding Or Butterscotch flan	+Beef Stew or Mince and Onion Pie +Syrup Sponge or Egg Custard Tart	+Beef Curry or Steak and Kidney pudding +Chocolate whip or Fruit Crumble
Thursday	+Roast Turkey or Beef Burger and Chipolata +Creme caramel or Spotted Dick	+Sausage Toad or Corn Beef Hash +Butterscotch Flan or Macaroni	+Mince and Onion Pie or Chicken Burger +Jam Tart or Custard Tart	+Sausage Toad or Grilled Fish +Chocolate whip or Fruit Sponge
Friday	+Beef Burger and Chipolata or Chicken Casserole +Pineapple flan or spotted dick	+Corn Beef Hash or Liver Casserole +Macaroni or Fruit Fool	+Shepards Pie or Chicken Burger +Jam Tart or Strawberry Whip	+Grilled Fish or Beef Stew +Fruit Sponge or Bananas in Custard

Day	Week 1	Week 2	Week 3	Week 4
Saturday	+Chicken Casserole or Meat Loaf +Pineapple flan or rice pudding	+Liver Casserole Or Savoury Flan With Salad +Fruit Or Jam Sponge	+Ham and Egg Salad or Grilled Sausage +Strawberry Whip or Gingerbread	+Chilli con carne or Pork & Apple Casserole +Bananas in Custard or Chocolate Sponge
Sunday	+Roast Turkey, Pork or Beef +Dessert of the Day	+Roast Turkey, Pork or Beef +Fruit Fool	+Roast Turkey, Pork or Beef +Dessert of the day	+Roast Turkey, Pork or Beef +Dessert of the day