



BY WORD OF MOUTH

*frozen for you*

# TAKE CARE OF THE ELDERLY MENU

**2 people for 5 nights (healthier option, weeknight meals)**

## MENU 1

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Roasted Tomato Soup	900ml	(Serves 2)	1
Chicken Bake	620g	(Serves 2)	1
Crispy Roast Potatoes	250g	(Serves 2)	1
Baked Cauliflower Gratin	310g	(Serves 1-2)	1

## MENU 2

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Chicken Soup	900ml	(Serves 2)	1
British Fish Cakes	2 Fish Cakes	(Serves 1)	2
Creamy Mashed Potatoes	800g	(Serves 2-4)	1
Minted Peas	180g	(Serves 1-2)	1

## MENU 3

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Roasted Carrot Soup	900ml	(Serves 2)	1
Traditional Cottage Pie	800g	(Serves 2)	1
Creamed Spinach	310g	(Serves 2-3)	1
Traditional Baked Cheesecake	220g	(Serves 1-2)	2

## MENU 4

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Butternut Soup	900ml	(Serves 2)	1
Pork Sausages	3 Sausages	(Serves 1)	2
Creamy Mashed Potatoes	800g	(Serves 2-4)	1
Minted Peas	180g	(Serves 1-2)	1

## MENU 5

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Minted Pea Soup	900ml	(Serves 2)	1
Chicken A La King Pie	640g	(Serves 2)	1
Green Salad			



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