

Blaenau-Gwent Community Meals Service



September 2024

Please pass this form back to the delivery staff once completed.

**“Ewch i food.gov.uk/ratings i ganfod sgôr hylendid bwyd ein busnes neu gofynnwch inni beth yw ein sgôr hylendid bwyd wrth archebu./ Go to food.gov.uk/ratings to find out the food hygiene rating of our business or ask us for our food hygiene rating when you order.”**

|  |  |
| --- | --- |
| Name: | Name of relative or neighbour (to be contacted in the event of an emergency) |
| Address: | Address: |
| Dietary Requirement/Allergens |  |
| Postcode: | Postcode: |
| Telephone number: | Telephone number: |
| Date: | Signature: |

**How do I choose my meals?**

* Please find enclosed menus for the 3-week rolling period.
* Please circle one choice for your main meal and one for your dessert for each day you wish to receive them.

**How do I cancel or make a change?**

* You can **cancel** your meals at any time. If you cancel before 9am on the day of delivery you will not be charged for future meals. Cancellations after 9am on day of delivery will incur a charge for that one day only.
* To make any **changes** to your order, we ask where possible that you provide 48 hours’ notice.

To cancel or make an amendment, please call **01495 369638.**

**What if I have a specific dietary need?**

**If you have any specific dietary needs as noted below, please call 01495 369638 where we will be happy to discuss an alternative menu with you.**

|  |  |
| --- | --- |
| * Gluten Free | * Low Salt |
| * Low Salt | * Low Sugar |
| * Vegetarian | * Puree |
| * Any other specific dietary requirement. |  |

If you require a large print menu, please contact us on 01495 369638.

To arrange payment by direct debit/pay point/bank transfer please contact 01495 355860

**Blaenau Gwent Community meals**

**Week 1**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Please circle your daily main meal choice** | | | | | | | |
| **Main meal** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday**  **(Frozen meal)** | **Sunday**  **(Frozen meal)** |
| **A** | **Beef with roast potatoes with peas, carrots, and gravy**  **LF** | **Chicken breast, roast potatoes, sprouts, cauliflower, peas, Sage & onion stuffing and gravy**  **LF** | **Pork loin and stuffing, with mashed potatoes, Creamed cabbage**  **GF** | **Lamb in gravy, roast and mashed potatoes, green beans and carrots**  **GF** | **Turkey with stuffing with**  **roast potatoes, mashed Carrots, parsnip, and green beans**  **LF** | **A meal of choice off the menu** | **A meal of choice off the menu** |
| **B** | **Corned Beef Hash**  **With Cauliflower green beans and fried diced potato**  **GF** | **Minced beef pie, boiled potatoes, peas and carrots**  **ED** | **Cumberland sausage in gravy, mashed potatoes, carrots and swede** | **Steak & Kidney Pie**  **With Mashed Potato**  **Swede & Carrots**  **LS Ed** | **Chicken and vegetable pie, mashed potatoes, carrots and peas**  **LS** | **A meal of choice off the menu** | **A meal of choice off the menu** |
| **Alternative** | **Chicken Supreme**  **With fried diced potato, carrots, peas**  **and Green Beans**  **LF GF** | **Fisherman’s Pie with Carrots and green beans**  **GF** | **Braised steak, mashed potatoes and green beans**  **LS GF** | **Chicken breast Cheese & bacon with Boiled potatoes, green bean, s peas**  **GF** | **Breaded fish with creamed potatoes and peas**  **LS** | **A meal of choice off the menu** | **A meal of choice off the menu** |
| **A** | **Apple pie with custard**  **LS V** | **Bread & Butter Pudding & custard**  **V** | **Treacle Tart and custard**  **V** | **Apple and blackberry crumble & custard**  **LS V** | **Jam Sponge with custard**  **GF V** | **A desert of choice off the menu** | **A desert of choice off the menu** |
| **B** | **Strawberry sundae**  **LS GF V** | **Blackcurrant cheese cake**  **V** | **Raspberry Trifle**  **LS V** | **Caramel sundae**  **LS GF V** | **Strawberry Trifle**  **LS V** | **A desert of choice off the menu** | **A desert of choice off the menu** |

**Blaenau Gwent Community meals**

**Week 2**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Please circle your daily main meal choice** | | | | | | | |
| **Main meal** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday**  **(Frozen meal)** | **Sunday**  **(Frozen meal)** |
| **A** | **Pork loin and stuffing, with mashed potatoes, and creamed cabbage**  **GF** | **Lamb in gravy, roast and mashed potatoes, green beans and carrots**  **GF** | **Turkey with stuffing with**  **roast potatoes, mashed Carrots, parsnip, and green beans**  **LF** | **Beef with roast potatoes with peas, carrots, and gravy**  **LF GF** | **Chicken breast, roast potatoes, sprouts, cauliflower, peas, Sage & onion stuffing and gravy**  **LF** | **A meal of choice off the menu** | **A meal of choice off the menu** |
| **B** | **Cottage pie with carrots, swede and green beans**  **LF GF** | **Beef & Ale Pie with Boiled Potato Carrots & Peas**  **LS ED** | **Steak & Kidney Pie**  **With Mashed Potato**  **Swede & Carrots**  **LF ED** | **Chicken Chasseur with Diced Fried Potato Green Beans & Peas**  **LF GF** | **Ham in Parsley Sauce with Mashed Potato Carrot Swede &Green Beans**  **GF** | **A meal of choice off the menu** | **A meal of choice off the menu** |
| **Alternative** | **Sweet &Sour Chicken with Rice Peas & red Peppers**  **LS GF** | **Fish in butter sauce, with fried diced potato carrots and Romano beans**  **LS GF** | **Beef Lasagne**  **Carrots & Peas** | **Cumberland sausage in gravy, mashed potatoes, carrots and swede** | **Breaded fish with creamed potatoes and peas**  **LS** | **A meal of choice off the menu** | **A meal of choice off the menu** |
| **Please circle your daily desert choice** | | | | | | | |
| **A** | **Rhubarb crumble and custard**  **LS V ED** | **Spotted Dick**  **&**  **Custard**  V | **Lemon sponge with lemon sauce & custard**  **V** | **Apple pie with custard**  **LS V** | **Golden syrup sponge with Syrup Sauce & custard**  **V** | **A desert of choice off the menu** | **A desert of choice off the menu** |
| **B** | **Caramel sundae**  **LS GF V** | **Strawberry cheesecake**  **V** | **Raspberry Trifle**  **LS** | **Blackcurrant cheese cake**  **V** | **Strawberry sundae**  **LS GF V** | **A desert of choice off the menu** | **A desert of choice off the menu** |

**Blaenau Gwent Community meals**

**Week 3**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Please circle your daily main meal choice** | | | | | | | |
| **Main meal** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday**  **(Frozen meal)** | **Sunday**  **(Frozen meal)** |
| **A** | **Turkey with stuffing with**  **roast potatoes, mashed Carrots, parsnip, and green beans**  **LF** | **Beef with roast potatoes with peas, carrots, and gravy**  **LF GF** | **Lamb in gravy, roast and mashed potatoes, green beans and carrots**  **GF** | **Chicken breast, roast potatoes, sprouts, cauliflower, peas, Sage & onion stuffing and gravy**  **LF** | **Pork loin and stuffing, mashed potatoes, creamed cabbage**  **GF** | **A meal of choice off the menu** | **A meal of choice off the menu** |
| **B** | **Irish Stew**  **With Mashed Potato Green Beans & Swede** | **Chicken and mushroom pie with potatoes, swede, carrots and green beans**  **ED** | **Cottage pie with carrots, swede and green beans**  **LF GF** | **Lancashire hotpot with carrots and swede**  **GF** | **Cheese & Onion Pie with**  **Sweet Potato Carrot Mash & Green Beans**  **V ED** | **A meal of choice off the menu** | **A meal of choice off the menu** |
| **Alternative** | **Chicken breast with bacon and cheese, potatoes, peas and carrots**  **GF** | **Salmon crumble, with mashed potatoes, and Romano Beans**  **ED** | **Cumberland sausage in gravy, mashed potatoes, carrots and swede** | **Chicken curry with rice**  **LF GF** | **Breaded fish with creamed potatoes and peas**  **LS** | **A meal of choice off the menu** | **A meal of choice off the menu** |
| **Please circle your daily desert choice** | | | | | | | |
| **A** | **Plum and cherry pie**  **With custard**    **LS V ED** | **Apple pie with custard**  **LS V** | **Jam Sponge & custard**  **GF V** | **Blackcurrant Sponge with Blackcurrant Compote & Custard**  **LS V** | **Bakewell tart and custard**    **LS V ED** | **A desert of choice off the menu** | **A desert of choice off the menu** |
| **B** | **Strawberry Trifle**  **LS V** | **Blackcurrant cheese cake**  **V** | **Caramel sundae**  **LS GF V** | **Raspberry Trifle**  **LS V** | **Strawberry cheesecake**  **V** | **A desert of choice off the menu** | **A desert of choice off the menu** |