

W e e k 3

Monday

*Mixed Grill: Sausage, Gammon, Black Pudding, Beans and Diced Potatoes
Jam and Coconut Sponge and Custard
Egg, Cress and Mayo Sandwich, Cake*

Tuesday

*Chicken Stew with Thyme Dumpling.
Rice Pudding and Nutmeg.
Ham and Cheese Sandwich, Apple Pie.*

Wednesday

*Honey Glazed Pork Loin with Roast Potatoes
Chocolate Fudge Cake and Custard
Tuna Cucumber and Mayo Sandwich, Cake*

Thursday

*Chicken and Leek Pie
Fruit of the Forest Crumble with Custard.
Egg Mayo Sandwich, Jam Tart*

Friday

*White Fish in a Parsley Sauce..
Sultana Sponge and Custard.
Chicken, Lettuce and Mayo Sandwich, Cake*

Saturday

*Beef and Vegetable Stew with Parsley Dumplings.
Banana Delight.
Ham and Pickle Sandwich, Buttered Scone*

Sunday

*Roast Gammon, Roast Potatoes and Sage and Onion Stuffing..
Apple Pie and Custard.
Cheese and Tomato Sandwich, Bakewell tart*

How do I pay for my Meals.

Monthly Invoice, which is payable by the 10th of the month, or
Standing order.

Public Bank Holidays will incur an additional payment of a £1.00 per delivery.
Christmas Day, Boxing Day and New Years day are a set menu and a set price .

Premier Meals is a Family run Meals on Wheels service ,delivering hot or cold traditional home cooked meals made with seasonal ingredients, prepared on the morning of delivery by our qualified chefs.

We have been providing meals on wheels to the local community in Fareham and Gosport area since 1997. We work closely with local suppliers, support organizations and Care professional 's to ensure we really can offer more than just a meal to every customer.



Our dedicated Home Help team offer the following services.

*Shopping / Domestic tasks / Spring Clean
Garden maintenance / Companionship service,
and Laundry*

Please call for more information

Tel and Fax 01329 285566

Mobile 07540687085

110 Gosport Road, Fareham, Hampshire PO16 0QN

Website: www.premier-meals.com

Email: vickypremiermeals@hotmail.co.uk

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07540687085
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Monday

Pork and Apple Stew with Sage Dumplings.
Cherry and Almond Sponge with Custard.
Egg, Cress and Mayo Sandwich. Cake.

Tuesday

Chicken Supreme and Savoury Rice.
Apricot Sponge and Custard.
Ham and Cheese Sandwich, Apple Pie.

Wednesday

Sausage and Bacon Casserole.
Apple Crumble and Custard.
Tuna Cucumber and Mayo Sandwich, Cake.

Thursday

Roast Chicken, Roast Potatoes and Stuffing.
Strawberry Delight.
Egg Mayo Sandwich, Jam Tart.

Friday

Fish Fillet with Lemon and Dill Butter.
Rice Pudding and Raspberry Jam.
Chicken, Lettuce and Mayo Sandwich, Cake.

Saturday

Cottage Pie.
Marmalade Sponge and Custard.
Ham and Pickle Sandwich, Buttered Scone

Sunday

Roast Pork, Roast Potatoes with Apple Sauce.
Black forest Gateaux and Cream.
Cheese and Tomato Sandwich, Bakewell tart

Monday

Chicken Chasseur.
Bread and Butter Pudding with Custard.
Egg, Cress and Mayo Sandwich. Cake.

Tuesday

Sausage and Mash with a Onion Gravy.
Walnut Sponge and Custard.
Ham and Cheese Sandwich, Apple Pie.

Wednesday

Steak and Kidney Pie.
Rice Pudding and Strawberry Jam.
Tuna Cucumber and Mayo Sandwich, Cake.

Thursday

Minced Lamb and Rosemary Dumplings
Poached Pear with Cinnamon Custard.
Egg Mayo Sandwich, Jam Tart.

Friday

Breaded Fish with Chips and Peas.
Trifle.
Chicken, Lettuce and Mayo Sandwich, Cake

Saturday

Lancashire Hot Pot.
Banana Sponge and Custard.
Ham and Pickle Sandwich, Buttered Scone

Sunday

Roast Beef, Roast Potatoes and Yorkshire Pudding.
Rhubarb Crumble with Custard.
Cheese and Tomato Sandwich, Bakewell tart

Alternatives

Main Meals Sliced Meats and Roast Potatoes (1) Fish, Chips and Beans (2) Sausage, and Mash Potato (3)
Chicken and Mushroom Curry with Rice(4) Jacket Potato with Cheese and Beans(5) Salad (6) Brunch (7) Chilli Con Carne with Rice (8)

Desserts Sponge and Custard (1) Yoghurt (2)

Evening teas White Sandwich, Brown Sandwich, Tea Salad, Chocolate Biscuit (1), Crisps (2)