

Dear Valued Customer,

Thank you for your continued support. Please find enclosed a copy of our Meals on Wheels menu. If you would like to arrange for a meal to be delivered to you or a relative,

Please call:

02890 738304 or Email: catering@ebm.org.uk

Thank you , Diane McNaught - East Belfast Mission Catering Manager

WK1	Wk	Tuesday	Wednesday	Thursday	Friday
£4.00	Seared Seasoned Breast of Chicken	Grilled Stuffed Bacon Roll	Savoury Mince Steak Pie	Roast Turkey Breast Slice with Potato & Vegetables	Breaded Cod, Chunky Fries & Mushy Peas
	Description	Description	Description	Description	Description
	Full Breast of Chicken Seared and Seasoned served with Steamed Stir Fry Mixed Vegetables & Creamed Potato	Two Back bacon rashers with sage & onion stuffing, rolled, and grilled, served with creamed potato & steamed savoy cabbage with onion gravy	Lean Mince steak combined with carrot & onion served topped with Flaky Pasty, creamed Potato & Vegetables	A slice of slow cooked roast Turkey breast served with Roast Potatoes & Mixed Vegetables	Fillet of Cod in Crispy golden crumbs served with twice creamed potato & mashed marrowfat peas
WK 2	Monday	Tuesday	Wednesday	Thursday	Friday
£4.00	Braised Steak Casserole accompanied by steamed baby potato & garden peas	Traditional Mince Steak Stew with Crusty Bread Slice	Pork Casserole served with Creamed potato & Mixed Vegetables	Oven Roasted Beef Sausages in an onion gravy	Breaded Baked Fish Cake, with Rustic Sweet Potato Wedges & Mashed Marrowfat Peas
	Description	Description	Description	Description	Description
	Diced Steak Pieces, combined with onion & diced carrot served in a rich beef gravy & accompanied by Baby Steamed Potato & garden peas	Diced Potato, Carrot, onion & Lentils combined together in a vegetable stock served with a crusty bread slice	Slow cooked bite size Pork pieces with diced onion, sliced mushrooms in a pepper gravy, served with healthy Fluffy White rice & mixed vegetables	Oven Roasted Beef Sausages in an onion gravy served with creamed potato & vegetables	Two Breaded Haddock Fish Cakes served with Mashed Marrowfat Peas & Creamed Potato
Dessert £1.30	Vanilla or Chocolate Sponge & Thick Creamy Custard	Vanilla or Chocolate Sponge & Thick Creamy Custard	Vanilla or Chocolate Sponge & Thick Creamy Custard	Vanilla or Chocolate Sponge & Thick Creamy Custard	Vanilla or Chocolate Sponge & Thick Creamy Custard