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# COMMUNITY MEALS ON WHEELS AUGUST 4 WEEK MENU 2024

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Ewch i [food.gov.uk/ratings](https://www.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](https://www.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.

AUGUST 19, 2024

COMMUNITY MEALS ON WHEELS LTD.  
OLD POST OFFICE HOUSE, VICTORIA ROAD, PORT TALBOT SA12 6AB  
0800 086 2415

Week 1	Meat	Fish	Vegetarian	Dessert	SALADS	FILLED JACKET POTATOES	Sandwich with crisps and cake £3 EXTRA when you order a main
Monday	CHEESY CHICKEN, BACON & BROCCOLI PASTA WITH GARLIC BREAD	WHITE FISH IN PARSLEY SAUCE SERVED WITH POTATO OF THE DAY AND BROCCOLI.	CHEESE & BROCCOLI PASTA WITH GARLIC BREAD	APPLE CRUMBLE & CUSTARD	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Tuesday	MINTED LAMB PIE WITH MASHED POTATO, GRAVY & VEG OF THE DAY *Flavours may vary*	BREADED FISH FINGERS SERVED WITH POTATO CROQUETTES AND BAKED BEANS OR PEAS	BREADED VEGGIE FINGERS SERVED WITH POTATO CROQUETTES & BAKED BEANS OR PEAS	JELLY POT	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Wednesday	ROAST CHICKEN MASHED POTATO, MIXED VEG, AND GRAVY	JACKET POTATO SERVED WITH TUNA MAYO & SIDE SALAD	VEG SAUSAGE, MASHED POTATO SEASONAL VEG AND GRAVY	JAM & CREAM DOUGHNUT	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Thursday	BEEF LASAGNE SERVED WITH PEAS & GARLIC BREAD	TUNA SALAD	CHEESE & LEEK RISSOLE WITH MASHED POTATO & BAKED BEANS	FRUIT POT	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Friday	MILD CHICKEN CURRY & RICE	FISH PIE & VEG OF THE DAY	CAULIFLOUR & BROCCOLI CHEESE BAKE SERVED WITH NEW POTATOES	CHOCOLATE ECLAIR	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Saturday	OVEN BAKED GAMMON HAM IN PARSLEY SAUCE WITH POTATOES AND SEASONAL VEG	BREADED FISH, MASHED POTATOES AND BAKED BEANS	CHEESE SALAD	RICE PUDDING WITH JAM	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Sunday	ROAST TURKEY DINNER, ROAST POTATOES SEASONAL VEG, STUFFING AND YORKSHIRE PUDDING	NO OPTION	QUORN CHICKEN DINNER, SEASONAL VEG, STUFFING AND YORKSHIRE PUDDING	CHOCOLATE SPONGE CAKE WITH CUSTARD	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
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Week 2	Meat	Fish	Vegetarian	Dessert	SALADS	FILLED JACKET POTATOES	Sandwich with crisps and cake £3 EXTRA when you order a main
Monday	PORK IN MUSHROOM SAUCE WITH BABY POTATOES AND SEASONAL VEG	TUNA SALAD	CHEESE & SPRING ONION QUICHE SERVED WITH NEW POTATOES, COLESLAW & LEAFY GREENS.	APPLE CRUMBLE & CUSTARD	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Tuesday	PASTA BOLOGNESE TOPPED WITH GRATED CHEESE – SERVED WITH GARLIC BREAD	BATTERED FISH WITH POTATO CROQUETTES & BAKED BEANS	QUORN PASTA BOLOGNESE TOPPED WITH GRATED CHEESE – SERVED WITH GARLIC BREAD	JELLY POT	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Wednesday	ROAST CHICKEN, MASHED POTATO, SEASONAL VEG & GRAVY	JACKET POTATO WITH TUNA MAYO	VEGETARIAN SAUSAGE, MASHED POTATO, SEASONAL VEG & GRAVY	EGG CUSTARD TARTS	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Thursday	INDIVIDUAL MEAT PIE SERVED WITH MASHED POTATO AND GRAVY	FISH CAKE SERVED WITH MASHED POTATO & PEAS	CHEESE AND LEEK RISSOLE WITH MASHED POTATOES AND BAKED BEANS	SWISS ROLL	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Friday	CORNED BEEF HASH SERVED WITH BAKED BEANS	TUNA & SWEETCORN PASTA SALAD	JACKET POTATO TOPPED WITH GRATED CHEESE SERVED WITH SIDE SALAD	FRUIT POT	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Saturday	COTTAGE PIE SERVED WITH VEG OF THE DAY	NO OPTION	CAULIFLOUR & BROCCOLLI CHEESE BAKE SERVED WITH NEW POTATOES	RICE PUDDING & JAM	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Sunday	ROAST BEEF DINNER, ROAST POTATOES MIXED VEG, STUFFING AND YORKSHIRE PUDDING	NO OPTION	VEGATARIAN PIE DINNER, SEASONAL VEG, STUFFING AND YORKSHIRE PUDDING	CHOCOLATE SPONGE CAKE WITH CUSTARD	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>

Week 3	Meat	Fish	Vegetarian	DESSERT	SALADS	FILLED JACKET POTATOES	Sandwich with crisps and cake £3 extra when you order a main meal
Monday	OVEN BAKED GAMMON HAM IN PARSLEY SAUCE WITH BOILED POTATOES AND SEASONAL VEG	JACKET POTATO TOPPED WITH TUNA MAYO – SERVED WITH SIDE SALAD	CHEESE AND LEEK RISSOLE WITH MASHED POTATOES AND SEASONAL VEG	APPLE CRUMBLE & CUSTARD	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Tuesday	BEEF STEW SERVED WITH NEW POTATOES & BREAD ROLL	SALMON & BROCCOLI QUICHE SERVED WITH NEW POTATOES, COLESLAW & LEAFY GREENS.	VEGETABLE STEW & BREAD ROLL	JELLY POT	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Wednesday	ROAST CHICKEN, MASHED POTATO, MIXED VEG & GRAVY	TUNA SALAD	VEGETARIAN SAUSAGE, MASHED POTATO, MIXED VEG & GRAVY	JAM & CREAM DOUGHNUT	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Thursday	TASTY MINTED LAMB STEAKS SERVED WITH POTATOES & VEGETABLES	NO OPTION	CHEESE PLOUGHMANS LUNCH WITH CREAM CRACKERS	SWISS ROLL	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Friday	MILD CHICKEN CURRY & RICE	WHITE FISH IN PARSLEY SAUCE, MASHED POTATO AND GREEN VEG	CAULIFLOUR & BROCCOLI CHEESE BAKE SERVED WITH NEW POTATOES	CHEESECAKE OF THE DAY	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Saturday	LIVER AND ONIONS WITH POTATOES OF THE DAY & SEASONAL VEG	NO OPTION	CHEESE & POTATO PIE SERVED WITH BAKED BEANS OR TOMATOES	RICE PUDDING & JAM	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Sunday	ROAST TURKEY DINNER, ROAST POTATOES SEASONAL VEG, STUFFING & YORKSHIRE PUDDING	NO OPTION	QUORN CHICKEN DINNER, SEASONAL VEG, STUFFING AND YORKSHIRE PUDDING	CHOCOLATE SPONGE CAKE WITH CUSTARD	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>

Week 4	Meat	Fish	Vegetarian	DESSERT	SALADS	FILLED JACKET POTATOES	Sandwich with crisps and cake EXTRA £3 when you order a main meal
Monday	CORNED BEEF PIE WITH BAKED BEANS OR PEAS & GRAVY	BATTERED FISH FINGERS, POTATO POPS AND SPAGHETTI HOOPS	CHEESE & BROCCOLLI QUICHE SERVED WITH NEW POTATOES, COLESLAW & LEAFY GREENS.	APPLE CRUMBLE & CUSTARD	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Tuesday	PORK FAGGOTS SERVED WITH MASHED POTATO & MUSHY PEAS	TUNA & SWEETCORN PASTA SALAD	CHEESE AND ONION RISSOLE SERVED WITH MASHED POTATOES AND BAKED BEANS	JELLY POT	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Wednesday	ROAST CHICKEN MASHED POTATO, SEASONAL VEG, AND GRAVY	FISH CAKE WITH MASHED POTATOES AND BAKED BEANS	VEG SAUSAGE, MASHED POTATO, SEASONAL VEG & GRAVY	EGG CUSTARD TARTS	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Thursday	CHICKEN NUGGETS, POTATO CROQUETTES AND BAKED BEANS	NO OPTION	MEDETARRANEAN VEGETABLE PASTA BAKE	FRUIT POT	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Friday	HOMEMADE COTTAGE PIE SERVED WITH SEASONAL VEG	SALMON IN A BUTTER SAUCE, WITH POTATOES AND VEG	JACKET POTATO SERVED WITH GRATED CHEESE & SALAD	CHOCOLATE ECLAIR	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Saturday	ALL DAY BREAKFAST SAUSAGE, BACON, HASH BROWN, SCRAMBLED EGG, MUSHROOMS & BAKED BEANS OR TOMATOES	NO OPTION	CHEESE AND POTATO PIE WITH BAKED BEANS OR TOMATOES	CHEESECAKE OF THE DAY	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>
Sunday	ROAST BEEF DINNER, ROAST POTATOES SEASONAL VEG, STUFFING & YORKSHIRE PUDDING	NO OPTION	VEGATARIAN PIE DINNER, SEASONAL VEG, STUFFING AND YORKSHIRE PUDDING	CHOCOLATE SPONGE CAKE WITH CUSTARD	<ul style="list-style-type: none"> <li>• CHICKEN</li> <li>• CHEESE</li> <li>• TUNA</li> <li>• HAM</li> </ul>	<ul style="list-style-type: none"> <li>• TUNA MAYO &amp; SALAD</li> <li>• CHEESE</li> <li>• CHEESE &amp; BEANS</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese &amp; Pickle</li> <li>• Ham</li> <li>• Egg Mayo</li> <li>• Tuna mayo</li> </ul>