

AJR New Meals

Winter meals

From September to April

Soups

Chicken soup

Barley soup

Pea soup

Tomato soup

Mushroom soup

Vegetable soup

Main

Roast chicken

Schnitzel

Shepherds pie

Chicken casserole

Spaghetti Neapolitan

Fried Fish

Fish pie

Desserts

Lockshen pudding

Diabetic apple strudel

Diabetic Apple & pear compote

Chocolate pear sponge

Apple sponge