

Winter Menu

Week 3

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Breakfast	Cereal Porridge Fruit Juice Full English Tea & Coffee	Cereal Porridge Fruit Juice Full English Tea & Coffee	Cereal Porridge Fruit Juice Full English Tea & Coffee	Cereal Porridge Fruit Juice Full English Tea & Coffee	Cereal Porridge Fruit Juice Full English Tea & Coffee	Cereal Porridge Fruit Juice Full English Tea & Coffee	Cereal Porridge Fruit Juice Full English Tea & Coffee
Lunch: Soft option available, purred option if needed	Spaghetti Bolognese OR Fish Pie Cream potatoes, runner beans and sweetcorn	Lamb Casserole OR Chicken Curry New potatoes, cabbage and cauliflower, rice	Roast Gammon & Broccoli, cabbage and roast potatoes	Beef and vegetable pie OR Liver and onions Cream potatoes, peas & broad beans	Ham OR Battered fish Mushy peas, grilled tomatoes & chips	Toad in the hole OR Minced beef and onion Runner beans, mashed swede & new potatoes	Roast Pork & Yorkshire Pudding, roast potatoes Cauliflower, peas & stuffing
<i>Vegetarian Option always available:</i>							
Salads							
Omelettes available daily with various fillings.							
Desert – Ice cream & yoghurts available	Lemon Meringue Pie	Ginger sponge pudding with custard	Strawberry flan and ice cream	Pineapple upside down cake and custard	Rice pudding with jam	Minced meat tart and custard	Peaches and cream
SUPPER	Quiche	Pizza	Beans on toast	Cornish pasties	Jacket Potato, cheese & beans	Prawn salad	Cheese and biscuits
	Fresh Sandwiches & Homemade soup	Fresh Sandwiches & Homemade soup	Fresh Sandwiches & Homemade soup	Fresh Sandwiches & Homemade soup	Fresh Sandwiches & Homemade soup	Fresh Sandwiches & Homemade soup	Fresh Sandwiches & Homemade soup
	Bread Pudding	Peaches and cream	Toasted teacakes	Angel delight	Fruit meringue	Mousse	Gateaux