

WEEK ONE
WINTER MENU

	<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: Green option is soft, all food can also be pureed if necessary.	Steak & kidney pie OR Mince beef and onion New potatoes, runner beans & cauliflower	Lamb casserole OR Fish pie Cream Potatoes, peas & mashed swede	Roast Gammon & Roast potatoes, cabbage & broccoli	Chicken Casserole OR Liver & Bacon Cream potato, sweetcorn and cauliflower	Battered Fish OR Ham Chips Mushy Peas & Grilled Tomatoes	Sausage and fried onions OR Spaghetti Bolognese Cream potatoes, runner beans & mixed veg.	Roast Lamb & Roast potatoes, Yorkshire pudding, broccoli & cabbage Mint sauce
VEGETARIAN OPTIONS AVAILABLE							
<i>Salads and Omelettes available daily with various fillings.</i>							
FRUIT IS AVAILABLE ON REQUEST							
Desert – always yoghurts & ice cream available	Apricot Crumble & Custard	Bread & butter pudding with cream	Minced meat tart and custard	Eves pudding & custard	Rice Pudding	Rhubarb crumble and cream	Fruit flan & ice cream
SUPPER	Chicken Goujons & baked beans Fresh Sandwiches	Quiche Fresh Sandwiches	Corn beef hash Fresh Sandwiches	Sausages and beans and potato wedges Fresh Sandwiches	Lasagne and garlic bread Fresh Sandwiches	Cheese and biscuits Fresh Sandwiches	Prawn, crab stick salad Fresh Sandwiches
	Homemade Soup Banana & ice cream	Homemade Soup Coffee cake	Homemade Soup Strawberries & cream	Homemade Soup Yoghurt	Homemade Soup Jelly and fruit	Homemade Soup Madeira Cake	Homemade Soup Cheese cake