

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LUNCH MAIN</b>	Cottage Pie & Vegetables Or Cheese & Broccoli Flan Or Cheese Salad Or Vegetarian Quorn Pie & Veg	Chicken Pie, New Potatoes or Mash with Carrots & Broccoli Or Pasta Bake with Cheese & Vegetables	Roast Pork, Roast Potatoes or Mash with Cabbage & Swede & Apple Sauce Or Vegetarian Cheese & Onion Salad	Braised Beef, Sauté Potatoes or Mash & Vegetables Or Vegetarian Vegetable Flan & Salad	Fish Pie or Fish & Chips with Peas Or Ham, Egg, Chips or Mash & Peas Or Vegetarian Sausages, Chips or Mash & Peas	Lasagne & Vegetables Or Cheese or Ham Salad	Roast Chicken, Roast Potatoes or Mash, Stuffing, Cabbage, Swede & Carrots Or Vegetarian Seasonal Vegetable & Mash
<b>LUNCH DESSERT</b>	Fruit Sponge & Custard Or Diabetic Fruit Salad & Yogurt	Chocolate Sponge with Chocolate Sauce Or Diabetic Almond Fruit Pots	Fruit Jelly & Ice Cream Or Diabetic Fruit Jelly & Ice Cream	Eve's Pudding & Custard Or Diabetic Baked Apple & Cream	Rice Pudding Or Diabetic Rice Pudding Or Fresh Fruit	Fruit Crumble & Custard Or Diabetic Fruit Crumble & Custard Or Fruit Yogurt	Summer Pudding & Cream Or Diabetic Fruit Salad, Cream or Ice Cream
<b>TEA MAIN</b>	Pasty & Chips Or Soup with Bread & Butter Or Assorted Sandwiches	Fish Cakes with Beans & Croquettes Or Soup with Bread & Butter Or Assorted Sandwiches	Bubble & Squeak with Poached Egg Or Soup with Bread & Butter Or Assorted Sandwiches	Cauliflower Cheese & Hash Browns Or Soup with Bread Rolls Or Assorted Sandwiches	Corn Beef Hash & Beans Or Soup with Bread & Butter Or Assorted Sandwiches	Ravioli & Croquettes Or Soup with Bread & Butter Or Assorted Sandwiches	Sausage Rolls Or Soup with Bread & Butter Or Salmon, Ham or Cheese & Pickle Sandwiches or Salad
<b>TEA DESSERT</b>	Whip & Cream Swirl Or Diabetic Whip & Cream Swirl	Banana Custard Or Diabetic Banana Split	Fruit Pie & Cream Or Diabetic Fruit Salad	Cheesecake Or Diabetic Cheesecake	Jelly & Cream Or Diabetic Jelly & Cream	Banoffee Pie Or Diabetic Banoffee Pie	Gateaux Or Diabetic Trifle
<b>ALTERNATIVE MENU Available on Request</b>	Jacket Potato with Cheese and Salad / Scrambled Egg on Toast / Cheese or Ham Salad / Jacket Potato with Tuna and Salad / Boiled Egg on Toast / Soup of the Day / Veggie Grill with Potatoes & Veg of the Day. ALL Diets are catered for. Salads are Available Daily. Soups are Home-Made. Fresh Cakes Daily, Fruit and Ice-Cream.						

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LUNCH MAIN</b>	Roast Turkey Roast Potatoes Season Vegetables Or Savoury Cheese & Broccoli	Lasagne with Salad & Mixed Veg Or Quiche Lorraine	Roast Gammon with Parley sauce, Mash potatoes Carrots Or Smoked Haddock	Beef & Mushroom Pie With New Potatoes & Broccoli Or Corn beef Hash & Beans	Freshly Battered Cod with Tartar Sauce & Chips and Peas Or Cheesy Mash & poached egg	Chicken Curry and Rice  Or Vegetable Casserole Mash Potatoes	Roast Lamb & Roast Potatoes with Mixed Vegetables Or Quiche Lorraine
<b>LUNCH DESSERT</b>	Apple Pie & Cherry Crumble & Custard Or Ice Cream Jelly	Chocolate Mousse  Or Sherry Trifle	Jelly & Ice cream  Or Fresh Fruit Salad	Pineapple upside down Cake Or Ice Cream & Fruit	Crème Caramel  Or Fruit Trifle	Baileys Cheese Cake  Or Fruit Cocktail	Sherry Trifle  Or Fresh Fruit
<b>TEA MAIN</b>	Homemade Vegetable Soup Or Selection of Sandwiches	Tomato Soup Fish Fingers & Chips Peas Or Ham Egg & Chips Peas	Mushrooms on toast & Cheese and biscuits Or Selection of Sandwiches	Stilton & Broccoli Soup & A choice of omelettes Or Selection of Sandwiches	Cheese & Pineapple Pizza  Or Selection of Sandwiches	Ravioli  Or Selection of Sandwiches	Sausage Rolls  Or Selection of Sandwiches
<b>TEA DESSERT</b>	Cake Tray With Whipped Cream Or Fresh Fruit	Banana Custard  Or Cake Tray with Whipped Cream	Crumpets  Or Cake Tray with Whipped Cream	Fruit Pie  Or Jelly and Ice Cram	Banoffee Pie  Or Cake Tray with Whipped Cream	Cake Tray with Whipped Or Fresh Fruit	Gateaux  Or Cake Tray with Whipped Cream
<b>ALTERNATIVE MENU Available on Request</b>	Jacket Potato with Cheese and Salad / Scrambled Egg on Toast / Cheese or Ham Salad / Jacket Potato with Tuna and Salad / Boiled Egg on Toast / Soup of the Day / Veggie Grill with Potatoes & Veg of the Day.  ALL Diets are catered for. Salads are Available Daily. Soups are Home-Made. Fresh Cakes Daily, Fruit and Ice-Cream.						

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LUNCH MAIN</b>	Slow Roast Belly Pork Mash and Vegetables Or Selection of Omelettes	Sweet and sour Chicken & Rice Or Vegetable Curry & Rice	Braised Beef With New Potatoes & selection or fresh Vegetables Or Jacket Potatoes with Tuna	Beef Stew & Dumplings With Fresh Vegetables Or Chicken or Cheese Salad	Battered Cod with Chips and Peas Or Smoked Haddock in Cheese Sauce	Beef Lasagne & Salad Or Cottage Pie & Fresh Vegetables	Roast Pork with Apples Sauce Roast Potatoes & vegetables Or Broccoli & Cheese Bake
<b>LUNCH DESSERT</b>	Homemade Rice Pudding & Jam Or Cheese and Biscuits	Strawberry Flan & Fresh Cream Or Selection or Ice Cream	Eve's Pudding Or Crème Caramel	Jelly and Ice Cream Or Spotted Dick with Custard	Bakewell Tart & Custard Or Selection of Cheese and Biscuits	Stewed Apple and Custard Or Selection or Ice Cream	Trifle With Fresh Cream Or Pineapple Upside Down Cake with Cream
<b>TEA MAIN</b>	Sardines on Toast Or Scrambled Egg on Toast	Sausage Rolls Or Selection of Sandwiches	Fish Fingers & Tartar Sauce Or Soup of the Day	Cornish Pasties Or Selection of Sandwiches	Beans on Toast Or Crumpets with Jam	Chicken Goujons Or Poached Eggs on toast	High Tea Miniature Sausage Rolls Vol-u-Vents Sandwiches
<b>TEA DESSERT</b>	Selection of Ice Creams Or Cake Tray	Chocolate Mousse Or Cake Tray	Fruit Jelly Or Cake Tray	Profiterole's Or Cake Tray	Ice Cream Rolls Or Cake Tray	Crème Caramel Or Cake Tray	Fresh Fruit Scones & Cream Or Cake Tray
<b>ALTERNATIVE MENU Available on Request</b>	Jacket Potato with Cheese and Salad / Scrambled Egg on Toast / Cheese or Ham Salad / Jacket Potato with Tuna and Salad / Boiled Egg on Toast / Soup of the Day / Veggie Grill with Potatoes & Veg of the Day. ALL Diets are catered for. Salads are Available Daily. Soups are Home-Made. Fresh Cakes Daily, Fruit and Ice-Cream.						

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LUNCH MAIN</b>	Roast Chicken, Stuffing Mash Potatoes & Fresh Vegetables Or Corned Beef Hash	Scampi and Chips  Or Chicken Salad & Chips	Steak & Kidney Pie and Mashed Potatoes, Fresh Vegetables Or Smoked Haddock In Chees Sauce	Pork Casserole Roasted Potatoes Fresh Vegetables Or Vegetable Curry with Baked Potatoes	Battered Cod in Home Made Batter with Chips and Peas Or Selection of Omelettes	Chicken Curry & Chips or Rice Or Jacket Potatoes With Cheese	Roast Beef & Roast Potatoes Horseradish With Fresh Vegetables Or Broccoli Cheese Bake
<b>LUNCH DESSERT</b>	Black Cherry Cheese Cake With Fresh Cream  Or Selection of Ice Cream	Apple Snow  Or Cheese Board	Chocolate Mousse  Or Jelly and Ice Cream	Lemon Meringue Pie  Or Fresh Cakes	Jam and Coconut Sponge Or Rice Pudding with Jam	Banoffee Pie  Or Summer Fruit Jelly and Cream	Strawberry Trifle  Or Crème Brule
<b>TEA MAIN</b>	Crumpets  Or Tomato Soup	Sausage Rolls Or Stilton and Broccoli	Home Made Pizza  Or Vegetable Soup	Egg mayonnaise Salad Or Leek and Potato Soup	Cheese Slice  Or Pea and Ham Soup	Chees and Pate & Crackers Or Tomato Soup	High Tea Selection of savoury Rolls and Vol-u-Vents Sandwiches
<b>TEA DESSERT</b>	Ice Cream Rolls Or Cake Tray	Muffins  Or Cake Tray	Tiramisu  Or Cake Tray	Home Made Rice Pudding  Or Cake Tray	Crème Caramel  Or Cake Tray	Strawberry Mousse  Or Cake Tray	Teacakes  Or Cake Tray
<b>ALTERNATIVE MENU Available on Request</b>	Jacket Potato with Cheese and Salad / Scrambled Egg on Toast / Cheese or Ham Salad / Jacket Potato with Tuna and Salad / Boiled Egg on Toast / Soup of the Day / Veggie Grill with Potatoes & Veg of the Day.  ALL Diets are catered for. Salads are Available Daily. Soups are Home-Made. Fresh Cakes Daily, Fruit and Ice-Cream.						