



WEEK 1 MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH OPTION 1	Sausage Casserole Mash Steamed Greens	Turkey, Ham & Leak Pie with Mash & Vegetables	Roast Lamb with Roasted Med Vegetables & Potatoes	Beef Goulash with Root Vegetables	Battered Fish with Chips & Peas	Liver & Bacon with Mash & Vegetables	Roast Beef & Yorkshire Pud with roast/mashed Potatoes with Veg & Gravy
LUNCH OPTION 2	Poached Lemon & Pepper Salmon with Green Beans & Potatoes	Vegetable & Roast Tomato Stew Faggots with Mash & Peas	Roast Vegetable Crumble Ham, Egg & Chips	Ploughmans Lunch	Gammon with Pineapple & Mash	Chicken New Yorker with Veg	Nut Roast with roast/mashed Potatoes, Veg & Gravy
DESSERT	Jam Sponge with Custard Mousse	Sticky Toffee Pudding with Toffee Sauce or Bananas & Custard	Rice Pudding & Jam Sponge & Custard	Treacle Tart with Custard Cheesecake	Spotted Dick with Custard Ice cream & Wafer	Caramelised Bananas with Custard Choc Fudge Cake with ice cream	Apple Crumble with Custard Lemon Sponge with Custard
SUPPER OPTION 1	Mild Beef Chilli with Rice	Quiche with Salad & New Potatoes	Scampi with Chips & Peas	Chicken Goujons with Saute' Potatoes & Mushy Peas	Chicken Stew with Dumplings	Scampi, Chips & Peas	High Tea
SUPPER OPTION 2	Mac 'N' Cheese with Garlic Bread	Jacket with Beans	Welsh Rarebit	Ham & Cheese Salad	Beans on Toast	Soup & Roll	High Tea
DESSERT	Eton Mess Ice Cream & Sauce	Tiramisu Fruit Salad	Stewed Fruits with Custard Jelly & Ice Cream	Hazelnut Brownie with Clotted Cream Fruit Fool	Lemon Meringue Raspberry Mousse	Cheesecake Stewed Apple with Custard	Trifle

