



## WEEK 3 MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LUNCH OPTION 1</b>	Steak in Red Wine Sauce with Potatoes & Veg	Toad in the Hole with Onion Gravy	Irish Stew & Mashed Potato	Gammon with Roast Potatoes & Vegetables	Fish, Chips & Peas	Minced Beef Cobbler	Roast Beef, Yorkshire Pudding & Vegetables
<b>LUNCH OPTION 2</b>	Salmon Fishcakes with Salad or Vegetables	Selection of Cold Meats with Chips & Mushy Peas	Cornish Pasty with Vegetables	Chicken Risotto, Roast Vegetables & Potatoes	Ham, Egg & Chips	Smokes Haddock with New Potatoes	Vegetable Hotpot
<b>DESSERT</b>	Chocolate Sponge & Custard  Fruit & Cream	Bread & Butter Pudding  Choc Brownie with Cream	Semolina with Jam  Trifle	Spotted Dick with Custard  Ice Cream	Apple Crumble & Custard  Stewed Fruit & Custard	Strawberries & Cream  Lemon Sponge & Custard	Summer Fruit Pie with Custard  Trifle
<b>SUPPER OPTION 1</b>	Cauliflower Cheese with Sliced Ham & Beans	Egg & Bacon Pie with Salad	Jacket Potato with Cheese & Beans	Soup and a Roll	Cheese & Potato Pie with Peas	Sausage & Red Onion Platt	High Tea
<b>SUPPER OPTION 2</b>	Beans on Toast	Scampi & Chips with Peas	Chicken Goujons with Chips	Omelette Choice	Quiche Lorraine	Bacon & Cheese Bites	
<b>DESSERT</b>	Raspberry Mess  Cheesecake	Jelly & Ice Cream  Fruit Cake	Chocolate Tart with Cream  Fruit Salad	Jam Roly Poly  Fruit Fool	Tiramisu  Lemon Mousse	Hot Chocolate Fudge Cake with Ice Cream  Ice Cream	