

MENU



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3								
Breakfast		Scrambled egg on toast Fresh Porridge Toast, Choice of Eggs Cereals, Fruit Juice Tea or Coffee Prunes	Butter Kippers Fresh Porridge Toast, Choice of Eggs Cereals, Fruit Juice Tea or Coffee Prunes	Pain Au Chocolat Fresh Porridge Toast, Choice of Eggs Cereals, Fruit Juice Tea or Coffee Prunes	Bacon Croissant Fresh Porridge Toast, Choice of Eggs Cereals, Fruit Juice Tea or Coffee Prunes	Sausages & Baked Beans Fresh Porridge Toast, Choice of Eggs Cereals, Fruit Juice Tea or Coffee Prunes	Croissant & Jam Fresh Porridge Toast, Choice of Eggs Cereals, Fruit Juice Tea or Coffee Prunes	Poached Egg Plum Tomatoes Fresh Porridge Toast, Choice of Eggs Cereals, Fruit Juice Tea or Coffee Prunes
Mid Morning Tea	10.30am	Tea & Biscuits	Tea & Biscuits	Tea & Biscuits	Tea & Biscuits	Tea & Biscuits	Tea & Biscuits	Tea & Biscuits
Lunch	Option 1	Chicken with leek sauce	Fish pie	Cottage Pie	Beef hot pot	Breaded fillet of haddock	Chicken Kiev	Roast topside of beef
	Option 2	Steamed fillet of Fish	Liver Italian - style	Braised Sausages	Cheese & onion quiche	Tuna pasta bake	Quiche Lorraine	Vegetable nut roast
Dysphagia	Option 1	Chicken with leek sauce	Fish pie	Cottage Pie	Beef hot pot	Breaded fillet of haddock	Chicken Kiev	Roast topside of beef
	Option 1	Steamed fillet of Fish	Liver Italian - style	Braised Sausages	Cheese & onion quiche	Tuna pasta bake	Quiche Lorraine	Vegetable nut roast
atoes & Vegetables		minted new potatoes mixed vegetables	herby diced saute'd courgettes buttered sweetcorn	saute potatoes carrot & swede	Pomme noisette cheesy broad beans green beans	chipped potatoes minted peas buttered sweetcorn	lyonnaise potatoes medley of vegetables	roast potatoes battered cabbage glazed carrots
Dessert		Pear & Almond Flan	Crème brulee	Strawberry Meringues	Stewed apple & custard	Fresh Fruit Salad	Caramel profiteroles	Apple crumble & custard
Afternoon Tea	3.30pm	Home made cake or Biscuits	Home made cake or Biscuits	Home made cake or Biscuits	Home made cake or Biscuits	Home made cake or Biscuits	Home made cake or Biscuits	Home made cake or Biscuits
Supper		Shepherds pastie with tomatoes	Maccaroni cheese	Fishfingers & salad	Baked beans on toast	cheese & onion pastie & beans	Ham & leek bake	Ravilio on toast
Dysphagia		Shepherds pastie with tomatoes	Maccaroni cheese	Fishfingers & salad	Baked beans on toast	cheese & onion pastie & beans	Ham & leek bake	Ravilio on toast
Soups and Sandwiches		Mushroom Soup	Pea	Tomato & Basil Soup	Butternut Squash	Celery Soup	Asparagus	Minestrone
		Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
		Banana Mousse	Tangy Lemon Cake	Jelly & Cream	Pineapple Flan	Ice Cream & Sauces	Strawberry Mousse	Sherry Trifle