

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch						
Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Greek lamb moussaka with aubergines	Fillet of seasonal fish Mushroom and cream sauce	Beef jardinière pot roast	Homemade cottage pie with parmesan crust	Beer battered seasonal fish with tartar sauce and lemon	Classic coq au vin with herb croutons	Roast leg of lamb with rosemary and mint jus
Chicken and winter vegetable hot pot	Pork steak in apple & cider sauce	Sweet and sour chicken with egg fried rice	Chicken and apricot tagine served with yoghurt dressing	Slow cooked braised pork belly with apple sauce	Beef rissoles with homemade coleslaw and mixed salad	Fillet of seasonal fish with beurre noisette and capers
Chickpea, cauliflower and potato curry with rice	Vegetable loaf served with tomato & basil sauce	Root vegetable and pearl barley stew	Mixed cheese and onion puff pasty	Chickpea and sweet potato curry and pilau rice	Stir fried vegetables with noodles and black bean sauce	Lentil and winter vegetable casserole
Supper						
Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Baked lamb samosas with mango chutney	Cold meat and cheese platter with chutney	Homemade fishcakes with lemon mayonnaise	Homemade sausage rolls with sweet potato fries	Cornish pasties with branston pickle	Homemade quiche lorraine with side salad	Chicken burger with relish
Omelette with a filling of your choice	Cheese and ham toasties with salad garnish	Jacket potatoes with crispy bacon, cheese and onion topping	Welsh rarebit with mild chilli jam	Bubble and squeak topped with fried egg	Mushroom and cream sauce served on toast	Bubble and squeak topped with fried egg
Chipped potatoes Mashed potatoes Pea and leek medley	Spicy southern fries Mashed potatoes Green beans	Sauté potatoes Mashed potatoes Plum tomatoes	Sweet potato wedges Mashed potatoes Mixed salads	Croquette potatoes Mashed potatoes Ratatouille	Potato waffles Mashed potatoes Grilled tomatoes	Parmentier potatoes Mashed potatoes Baked beans

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Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Chicken and leek stroganoff	Roast gammon with Parsley sauce	Roast chicken with lemon, fresh herbs and root vegetable trivet	Lancashire lamb "hot pot"	Hand battered seasonal fish with tartar sauce and lemon	Chicken kiev with garlic butter	Roast beef with yorkshire puddings and horseradish sauce
Grilled cumberland sausages with caramelised onions	Poached smoked haddock with a chive and butter sauce	Three cheese and onion flan with grilled tomato garnish	Traditional braised faggots with gravy	Braised pork steak served with peppercorn sauce	Marinated beef steak in red wine sauce	Poached fillet of seasonal fish with a dill cream sauce
Cauliflower cheese with parmesan crust	Sweet potato, chickpea and spinach curry	Butternut squash, spinach and goat cheese quiche	Oven baked three cheese and spinach cannelloni	Mixed vegetable & bean hot pot	Mixed vegetable and bean tagine	Vegetable tartlets
Supper						
Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Pate served with toast and salad garnish	Mediterranean meatballs served with brown rice	Mild curried kedgerree with hardboiled eggs	Homemade beef lasagne with salad garnish	Savoury minced lamb	Tuna and tomato pasta bake	Shepherd's pie with crisp potato topping
Mild chilli con carne	Eggs Florentine with hollandaise sauce	Mushroom filled vol au vents with a cream sauce	Selection of omelettes	Roasted red pepper quiche	Scrambled egg & bacon	Macaroni cheese with parmesan
Basmati rice Mashed potatoes Peas	Sweet potato wedges Ratatouille Mixed salad	Sauté potatoes Mashed potatoes Broccoli florets	Chipped potatoes Mashed potatoes Grilled tomatoes	Mashed potatoes Mixed salads Baked beans	Hash browns Mashed potatoes Green beans	Mashed potatoes Garden peas Baked beans

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Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Steak, mushroom and red wine shortcrust pie	Fisherman's pie with creamy potato and cheese topping	Roast lamb served with mint sauce	Braised lamb casserole with mint dumplings	Breaded fillet of seasonal fish, with tartare sauce	Traditional cottage pie with sweet potato mash	Roast loin of pork with sage and onion stuffing and apple sauce
Sausage and haricot bean turbigo	Honey roast gammon with parsley sauce	Chicken chasseur served with braised rice	Pork a la king with a cream and mixed pepper sauce	Hungarian beef goulash	Chicken, lemon and herb casserole	Baked fillet of seasonal fish with a lemon butter sauce
Chickpea and mixed herb moussaka	Stuffed peppers with tomatoes, feta cheese and wholegrain rice	Yellow lentil, pea and potato curry	Mixed bean casserole with mint dumplings	Spinach and potato gratin	Vegetable cottage pie with sweet potato mash	Vegetable shepherd's pie
Supper						
Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Jacket potatoes with ham, cheese and onion topping	Goujons of seasonal fish with lemon and tartare sauce	Ham and vegetable crumble with creamy mustard sauce	Smoked salmon and scrambled egg on toast	Cornish pasty with tangy pickle	Bubble and squeak (Colcannon)	Spaghetti alla bolognese
Omelette with a filling of your choice	Vegetable quiche served with potato wedges	Macaroni cheese	Cold meat platter served with new potatoes	Croque monsieur	Bacon and egg muffin	Broccoli gratin
Chipped potatoes Mashed potatoes Green beans	Croquette potatoes Mashed potatoes Mixed salad	Garlic bread Mashed potatoes Green Beans	Jacket wedges Mashed potatoes Minted peas	Sauté potatoes Mashed potatoes Garden salad	Scented rice Mashed potatoes Spinach & leek medley	Garlic & herb focaccia Mashed potatoes Braised celery

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Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Traditional beef lasagne with garlic bread	Poached fillet of plaice with a mushroom sauce	Honey glazed roast gammon with an apricot sauce	Beef Stew served with dumplings	Hand battered seasonal fish, with tartare sauce	Lamb and chickpea curry with plain boiled rice	Roast chicken with lemon, fresh herbs and root vegetable trivet
Sweet and sour chicken with fragrant rice	Steak & kidney steamed pudding	Chicken supreme cordon bleu	Corned beef hash cakes with a red wine and Worcester sauce	Minced beef and bacon meatloaf in a spicy tomato sauce	Lincolnshire sausage with a red onion gravy	Grilled fillet of seasonal fish with a lemon and dill sauce
Roasted vegetable lasagne with garlic bread	Twice baked broccoli, cheese and sweet potato bake	Spiced squash, lentil and coconut curry	Chunky root vegetable hot pot	Leek and cheddar cheese quiche with salad garnish	Red lentil and mixed bean stew with rosemary and thyme	Broccoli and tomato quiche
Supper						
Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Cheese and onion puff pasties	Cheese, bacon and cherry tomato lattice	Homemade scotch eggs with tangy piccalilli	Homemade fish patties with a dill sauce	Chicken, ham and mushroom shortcrust pie	Devilled kidneys on toast	Lamb and mint patties served in a bun with tomato relish
Poached egg served on a bed of spinach	Sardines served with a toasted muffin or sliced soft toast	Cauliflower cheese with parmesan crust	Chicken satay with a cucumber and yoghurt dip	Selection of omelettes	Stuffed peppers with couscous, mozzarella and courgette	Poached egg and tomato topped waffles
Mashed potatoes Green beans	Jacket wedges Mashed potatoes Sautéed courgettes	Sauté potatoes Mashed potatoes Grilled herby tomatoes	Rice noodles Mashed potatoes Stir fried vegetables	Croquette potatoes Mashed potatoes Baked beans	Braised rice Mashed potatoes Garden peas	Potato waffles Mashed potatoes Buttered sweetcorn

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