

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch						
Leek & potato soup	Vegetable soup	Tomato & basil soup	Carrot & coriander	Butternut squash soup	Cream mushroom soup	Broccoli & stilton soup
Mediterranean style chicken casserole	Traditional cottage pie	Breaded chicken with creamy sauce & parsley	Slow cook beef & vegetable casserole	Homemade lamb burger served with onion relish	Lemon and herb chicken	Baked fillet of seasonal fish with a caper sauce
Chickpeas & mix herb moussaka	Stuffed peppers with tomatoes, feta cheese and couscous	Cauliflower & cheese bake	Broccoli and stilton quiche	Battered catch of the day with lemon wedges & tartar sauce	Spinach and potato gratin	Roast beef with mint sauce
Poached salmon with couscous & yoghurt	Teriyaki chicken with stir fry vegetables	Salsa Verde shrimp with coriander rice	Chicken enchiladas quinoa with avocado & coriander	Crestless quiches	Pasta bolognaise	Quorn meat free with vegetable gravy
Supper						
Sweet potato & cumin soup	Pea & mint soup	Roast pepper soup	Cauliflower & cumin soup	Red lentil soup	Bean & barley soup	Cream of chicken soup
Corned beef hash with fried egg	Fish finger with tartar sauce & lemon wedges	Smoked salmon with scramble egg	Roast vegetable wellington with roast tomato and basil sauce	Macaroni cheese	Scampi served with lemon mayo	Herby potato frittata with feta cheese & roast pepper
Chicken satay with salsa dip	BBQ pulled chicken	Chilli con carne with tortilla chips	Lamb stew	Chicken Goujons	Corned beef bake	Tuna pasta bake
Mashed potatoes Steamed cabbage Baked beans	Mashed potatoes Green Peas Coleslaw	Rice Mashed potatoes Broccoli	Jacket wedges Mashed potatoes Green peas	Mashed potatoes Baked beans Steamed parsnip	Chips Roast tomato Mashed potatoes	Mashed potatoes Sprouts Steamed vegetables

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Lunch						
Butternut squash soup	Cauliflower soup	Tomato soup	Sweet potato soup	Pepper & carrot soup	Parsnip soup	Vegetable soup
Braised beef	Beef stew with butter beans	Roast chicken with mushroom sauce	Lamb hot pot	Hand battered cod, with lemon & tartare sauce	Cottage pie	Roast turkey with cranberry sauce
Roast gammon with mustard dressing	Poached salmon with caper & lemon sauce	Shepherd's pie	Sweet & sour pork	BBQ chicken	Stir-fry chicken with soya sauce	Braised pork loin with honey dressing
Vegetable ratatouille with crumble	Vegetables tagine with sweet prunes	Crust less asparagus & cheese flan	Vegetable burger with tomato salsa	Mushroom & blue cheese hash	Vegetable pancake topped with cheese	Cauliflower cheese bake
Supper						
Pea & mint	Carrot & coriander	Mushroom soup	Vegetable soup	Celery soup	Tomato & basil	Carrot & coriander
Quiche Lorraine with salad & new potatoes	Chicken & mushroom wellington	Stir-fried pork mince with broccoli	Chicken pasta bake	Homemade sausage roll served with pickles	Savoury mince lamb	Tuna pasta bake
Sausage ring with caramelized onion & gravy	Scotch egg with piccalilli & pickles	Haddock & spring onion fish cake	Fish goujons with lemon mayo & lemon wedges	Smoked salmon & scramble egg	Chicken goujons with coleslaw	Cheese & onion quiches
Mashed potatoes Green beans New potatoes	Mashed potatoes Green beans Potato wedges	Mashed potatoes Potato wedges Green peas	Sliced potatoes Mashed potatoes Spring cabbage	Grilled tomato Mashed potatoes Sweet potato fries	Mashed potatoes Plum tomato Coleslaw	Mashed potatoes Green beans Baked beans

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Lunch						
Cream vegetable soup	Sweet potato soup	Potato & celery soup	Tomato soup	Broccoli soup	Lentil soup	Roast pepper soup
Chicken casserole with rice	Roast gammon with honey dressing	Beef stroganoff	Moroccan spiced lamb	Battered fish with tartar sauce and lemon wedges	Traditional beef lasagne with garlic bread	Roast leg of lamb with rosemary and mint jus
Beef steak with mushroom sauce	Stir-fry beef with soya sauce	Chicken & mushroom pie	Teriyaki chicken with stir-fry vegetables	Homemade beef burgers with onion relish	Chicken curry with mango chutney	Turkey escalope
Stuffed jacket potatoes with stilton cheese	Roast vegetables in tomato & basil sauce	Stuffed pepper with couscous & roast veg	Broccoli & stilton bake	Potato & leek frittata	Roast peeper & cheese flan	Chickpeas & herb moussaka
Supper						
Cauliflower soup	Pea & ham soup	French onion soup	Vegetable soup	Carrot soup	Courgette soup	Mushroom soup
Butternut squash risotto	Lamb stew	Gammon steak with scramble egg	BBQ pulled brisket	Smoked haddock with lemon dressing	kedgeree	Sausage plait with sautéed onion
Poached chicken with garlic & lemon herb	Macaroni & cauliflower cheese	Cottage pie	Fish pie	Tuscan vegetarian pasta bake	Jacket potato with choice of filling	Breaded plaice with lemon mayo
Steamed vegetables Mashed potatoes Green beans	Mashed potato Steamed parsnip Green peas	Roast vegetables Mashed potatoes Baked beans	Mashed potatoes Steamed carrot Green peas	Mashed potatoes Steamed swede Steamed broccoli	Mashed potato Baked beans Green beans	Mashed potato Potato wedges Broccoli & beans

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Lunch						
Vegetable soup	Potato & onion soup	Parsnip soup	Carrot & coriander	Broccoli soup	Leek & potato	Vegetable & chicken
Turkey a la king served with rice	Sausage casserole	Braised loin of pork with apple sauce	Shepherd's pie	Hand battered seasonal fish with tartar sauce and lemon	Sausage & mash served with fried onions	Roast lamb
Chicken Tikka masala	Pan fried seabass with roast vegetable & pesto	Poached chicken with creamy sauce	Beef Bourguignon	Braised pork served with Dijon mustard sauce	Steak & onion pie	Poached plaice with white wine sauce
Vegetable ratatouille	Mushroom medley casserole	Vegetarian lasagne	Chickpeas & potato curry	Vegetarian moussaka	Spinach & ricotta pasta bake	Veg pancake
Supper						
Tomato soup	Lentil soup	Mushroom soup	Butternut squash	Cauliflower	Cream of courgette	Celery soup
Quiche Lorraine	Corned beef hash with scramble egg	Mild curried kedgeriee with hardboiled eggs	Macaroni cheese	BBQ chicken strips	Tuna and tomato pasta bake	Sausage roll Beef stir fry
Plaice goujons	Scotch egg with piccalilli & pickles	Chicken with stir fry vegetable	Smoked haddock with lemon sauce	Fish cake with coleslaw	Jacket potato with beans/cheese/tuna	
Mashed potatoes Croquette potatoes Baked beans	Mashed potatoes Green beans Roast tomato	Mashed potatoes Sweet corn Steamed swede	Garlic & herb bread Mashed potatoes Brussel sprouts	Potato wedges Mashed potatoes Broccoli	Green beans Mashed potatoes Baked beans	Mashed potatoes Roast tomato Steamed swede

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