

WEEKLY MENU

Autumn - Week 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------------|---|--|---|---|--|---|
| LUNCH | | | | | | |
| Beef Casserole | Fisherman's pie with creamy potato and cheese topping | Chicken casserole | Quiche Lorraine | Breaded fillet of fish or poached salmon served with dill sauce | Chicken Korma (creamy mild curry) | Roast beef and Yorkshire pudding served with horse radish sauce |
| Creamy Vegetable Casserole | Veggie pasta bake | Butternut squash & butter bean casserole | Vegetarian Quiche | Macaroni cheese | Leek & mushroom stroganoff | Nut roast |
| Mashed potatoes Green cabbage | Broccoli Carrots | Herby diced potatoes | Baby Potatoes Salad | Chips Grilled tomatoes Mushy peas | Rice Poppadom's Mango chutney | Roast potatoes Savoy cabbage Cauliflower gratin |
| Stewed fruits with cream or custard | Blackberry and apple crumble served with creamy custard | Apple strudel served with custard or cream | Trio of Ice cream | Lemon Meringue pie | Strawberry Mousse | Trifle |
| SUPPER | | | | | | |
| Tomato and red onion soup bread | Cauliflower soup with bread | Carrot and coriander soup with bread | Potato and chive soup with bread | Minestrone soup with bread | Green pea and mint soup with bread | Courgette and tomato soup with bread |
| Selection of sandwiches | Cheese & biscuits OR a selection of sandwiches | Selection of sandwiches | Beans on Toast OR selection of sandwiches | Selection of sandwiches | Sardines on Toast or a selection of sandwiches | Selection of sandwiches |
| Lime jelly served with cream | Baked egg custard flan | Fruit trifle | Chocolate and raspberry panna cotta | Milk jelly | Vanilla cheesecake | Trio of Ice cream |

WEEKLY MENU

Autumn – Week 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|-------------------------|--|--|--|---|--|
| LUNCH | | | | | | |
| Lemon Sole | Cottage pie | Honey glazed roast gammon and pineapple | Steak and kidney pie | Hand battered haddock or poached haddock served with parsley sauce | Sausage & onion gravy | Roast chicken with lemon, fresh herbs and stuffing |
| Cauliflower steak with parmesan | Vegetable pie | Vegetable and pasta bake | Vegetarian pie | Warm Vegetable Cheese quiche | Vegetarian sausages | Nut Roast |
| Baby potatoes Asparagus | Peas Carrots | Roast potatoes Steamed broccoli | Carrot & swede mash Diced herb potatoes | Chips Garden peas or Mushy peas Grilled tomatoes | Mash Garden peas Button mushrooms | Roast potatoes Thyme roast carrots Green cabbage |
| Treacle sponge & custard | Rice pudding | Tiramisu | Stewed Plums with cream | Grilled apricots served with custard | Strawberry gateaux | Apple crumble with custard or cream |
| SUPPER | | | | | | |
| Mixed vegetable soup with bread | Carrot soup with bread | Broccoli and stilton soup with bread | Tomato soup with bread | Roasted pepper and carrot soup with bread | Green pea and leek soup with bread | Vegetable broth with bread |
| Cheese and biscuits served with grapes | Selection of sandwiches | Scrambled egg with smoked salmon with bread or toast | Selection of sandwiches | Welsh rarebit OR a selection of sandwiches | Selection of sandwiches | Prawn cocktail with bread OR selection of sandwiches |
| Eton Mess | Orange jelly and cream | Poached pears with cream | Scone with butter | Chocolate eclairs | Banana mousse | Sorbet |

WEEKLY MENU

Autumn – WEEK 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|--|--|--|
| LUNCH | | | | | | |
| Poached Salmon served with dill sauce | Steak & ale pie | Chicken casserole | Shepherd's pie | Scampi with tartar sauce | Egg and ham | Roast leg of lamb with rosemary and mint sauce |
| Vegetable pasta in tomato and herb sauce | Cheese & onion pie with a potato topping | Stuffed portobello mushroom | Cauliflower and broccoli au gratin | Cheese & tomato quiche | Roast tomato topped with cheese | Nut Roast |
| Herb diced potato Broccoli | Mashed swede and carrots Mash potato Roast parsnip | Mashed potatoes Broccoli | Roasted butternut squash Courgettes | Chips Mushy peas or garden peas | Chips Mushrooms | Roast potatoes Cauliflower cheese Roast Seasonal Veg |
| Lemon tart served with cream | Trio of ice cream | Blackberry and apple pie served with cream or custard | Sorbet | Trio of Ice cream | Sherry trifle | Stewed plums with clotted cream |
| SUPPER | | | | | | |
| Chicken and mushroom soup with bread | Leek and potato soup with bread | Cream of spinach soup with bread | Green vegetables soup with bread | French onion soup with bread | Cream of pea soup with bread | Country vegetable soup with bread |
| Selection of sandwiches | Poached egg with toast OR a selection of sandwiches | Kippers with bread or selection of sandwiches | Scone with butter and jam OR a selection of sandwiches | Cheese & biscuits OR selection of sandwiches | Prawn cocktail with bread or a selection of sandwiches | Selection of sandwiches |
| Chocolate profiteroles | Raspberry meringue nests with cream | Ice cream | Panna cotta topped with mixed berries | Fruit cocktail with carnation milk | Orange jelly and cream | Chocolate gateaux |

WEEKLY MENU

Autumn – Week 4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|--|---|
| LUNCH | | | | | | |
| Braised pork steak cooked in a cider and apple sauce | Honey Roast gammon with pineapple | Lamb liver, fried onions and crispy bacon | Chicken and Mushroom Pie | Hand battered Haddock or poached haddock in caper sauce | Quiche Lorraine | Roast pork served with stuffing balls and apple sauce |
| Ratatouille | Jacket potato with a choice of toppings | Vegetarian sausage | Vegetable Pie | Macaroni cheese | Vegetarian Quiche | Quorn roast |
| Mashed potatoes Broccoli Mashed swede | Garden peas Buttered carrots Roast potatoes | Mashed potatoes Broccoli florets Red cabbage | Diced herb potatoes Sweetheart Cabbage | Chips Grilled tomatoes Garden peas | Salad Diced herb potatoes | Roast potatoes Savoy cabbage Mashed swede |
| Bread and butter pudding with raisins served with custard | Almond tart with vanilla ice cream | Crème caramel | Mixed fruit crumble served with custard | Trio of Ice cream | Grilled peaches and pears served with custard or cream | Apple tart served with cream or custard |
| SUPPER | | | | | | |
| Cream of Tomato soup with bread | Butternut squash soup with bread | Scotch broth with bread | Potato and leek soup with bread | Carrot and orange soup with bread | Roasted vegetable soup with bread | Red lentil soup with bread |
| Cheese & biscuits served with grapes or sandwiches | Beans on toast or a selection of sandwiches | Kippers on toast or with bread | Selection of sandwiches | Cheese and biscuits served with grapes | Selection of sandwiches or prawn cocktail with bread | Selection of sandwiches or Cheese & biscuits |
| Strawberry Jelly and cream | Raspberry mousse | Peaches and cream | Chocolate mousse | Lemon cheesecake | Lime jelly served with cream | Fresh fruit salad served with cream |