

Sample Seasonal Weekly Menu - Autumn/Winter

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Choice of fruit Juices Porridge & Cereals Toast & Marmalade or Preserves Choice of Breakfast Fruits & Yoghurts Tea or Coffee	Poached Eggs on Toast ----- Choice of fruit Juices Porridge & Cereals Toast & Marmalade or Preserves Choice of Breakfast Fruits & Yoghurts Tea or Coffee	Pancakes with Fruits of the Forest & Yoghurt ----- Choice of fruit Juices Porridge & Cereals Toast & Marmalade Choice of Breakfast Fruits & Yoghurts Tea or Coffee	Smoked Kippers ----- Choice of fruit Juices Porridge & Cereals Toast & Marmalade or Preserves Choice of Breakfast Fruits & Yoghurts Tea or Coffee	Choice of fruit Juices Porridge & Cereals Toast & Marmalade or Preserves Choice of Breakfast Fruits & Yoghurts Tea or Coffee	Choice of fruit Juices Porridge & Cereals Toast & Marmalade or Preserves Choice of Breakfast Fruits & Yoghurts Tea or Coffee	Bacon, Scrambled Eggs & Baked Beans ----- Choice of fruit Juices Porridge & Cereals Toast & Marmalade or Preserves Choice of Breakfast Fruits & Yoghurts Tea or Coffee
Lunch Starter	Melon or Homemade Creamy Parsnip Soup	Seafood Cocktail or Homemade Carrot & Coriander Soup	Melon or Mediterranean Chicken & Tomato Soup	Aubergine Dip with Pitta Bread or Homemade Butternut Squash Soup	Melon or Homemade Minestrone Soup	Melon or Homemade Vegetable Soup	Melon or Homemade Lentil Soup
Lunch Main Choice	Lancashire Hot Pot Mashed Swede Broccoli Florets	Chicken Curry & Rice or Chicken Casserole Vegetable Medley New Potatoes	Steak & Ale Pie Cauliflower Florets Green Beans Mashed Potatoes	Gammon with Parsley Sauce Carrots Butter Beans Minted New Potatoes	Beer Battered Cod Peas Chips Mashed Potato	Cottage Pie Root Vegetable Mash Brussels Sprouts	Roast Lamb with Mint Sauce Carrot Batons Winter Cabbage Roast Potatoes
Vegetarian Option	Spicy Lentil & Sweet Potato Bake	Chick Pea & Vegetable Biryani	Butternut Squash & Feta Cheese Bake	Vegetable Moussaka	Spinach & Ricotta Cannelloni	Vegetable Cottage Pie	Portobello Mushroom Wellington
Fish of the Day	Breaded Fish Goujons	Mackerel Fillets with Warm Lentil Salad	Portuguese Fish (with tomatoes, peppers & Herbs)	Smoked Haddock Chowder	Pan Fried Salmon Fillets	Poached Smoked Haddock	Fisherman's Pie
Dessert	Rhubarb Crumble with Custard	Sticky Toffee Pudding with Cream	Rice Pudding with Apricot Puree	Bread & Butter Pudding with Custard	Banoffee Pie	Apple Pie with Ice Cream	Chocolate Profiteroles
6.00pm Supper Main Choice	Macaroni Cheese Cheese & Crackers Fresh Fruit & Yoghurt	Tuscan Sausage, Fennel & Tomato Bake Cheese & Crackers Fresh Fruit & Yoghurt	Cornish Pasties with Grilled Tomatoes Fresh Fruit & Yoghurt Cheese & Crackers	Spicy Vegetable & Bean Casserole with Crusty Bread Cheese & Crackers Fresh Fruit & Yoghurt	Jacket Potatoes with Assorted Fillings Cheese & Crackers Fresh Fruit & Yoghurt	Ham or Tuna Salad Cheese & Crackers Fresh Fruit & Yoghurt	High Tea (Assorted Sandwiches & Cakes with Crisps) Cheese & Crackers Fresh Fruit or Yoghurt
Supper Alternatives	Jacket Potato Choice of Soups Assorted Sandwiches Boiled or Scrambled Eggs	Jacket Potato Choice of Soups Assorted Sandwiches Boiled or Scrambled Eggs	Jacket Potato Choice of Soups Assorted Sandwiches Boiled or Scrambled Eggs	Jacket Potato Choice of Soups Assorted Sandwiches Boiled or Scrambled Eggs	Jacket Potatoes Choice of Soups Assorted Sandwiches Boiled or Scrambled Eggs	Jacket Potato Choice of Soups Assorted Sandwiches Boiled or Scrambled Eggs	Jacket Potato Choice of Soups Boiled or Scrambled Eggs

Sample Weekly Menu – Spring/Summer

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Choice of fruit Juices Porridge & Cereals Toast & Marmalade or Preserves Choice of Breakfast Fruits & Yoghurts Tea or Coffee	Poached Eggs on Toast ----- Choice of fruit Juices Porridge & Cereals Toast & Marmalade or Preserves Choice of Breakfast Fruits & Yoghurts Tea or Coffee	Continental Pastries ----- Choice of fruit Juices Porridge & Cereals Toast & Marmalade Choice of Breakfast Fruits & Yoghurts Tea or Coffee	Smoked Salmon with Scrambled Eggs Choice of fruit Juices Porridge & Cereals Toast & Marmalade or Preserves Choice of Breakfast Fruits & Yoghurts Tea or Coffee	Choice of fruit Juices Porridge & Cereals Toast & Marmalade or Preserves Choice of Breakfast Fruits & Yoghurts Tea or Coffee	Choice of fruit Juices Porridge & Cereals Toast & Marmalade or Preserves Choice of Breakfast Fruits & Yoghurts Tea or Coffee	Bacon, Fried Eggs & Tomatoes ----- Choice of fruit Juices Porridge & Cereals Toast & Marmalade or Preserves Choice of Breakfast Fruits & Yoghurts Tea or Coffee
Lunch Starter	Melon or Homemade Courgette & Spring Onion Soup	Prawn Cocktail or Homemade Mushroom Soup	Grapefruit Segments or Homemade Chicken Consommé	Houmous with Pitta Bread or Homemade French Onion Soup	Melon or Homemade Minestrone Soup	Mackerel Pate with Toast or Homemade Vegetable Soup	Melon or Homemade Lentil Soup
Lunch Main Choice	Homemade Lamb & Mint Burgers Homemade Baked Beans Grilled Tomatoes Potato Wedges	Beef Bourguignon Spring Vegetable Medley New Potatoes	Breaded Chicken Escalopes Coleslaw Mixed Salad Potato Croquettes	Chinese Style Sweet & Sour Pork Stir-Fried Vegetables Vegetable Spring Rolls Egg Fried Rice	Battered Cod Goujons with Tartare Sauce Peas Chips	Lincolnshire Sausages with Onion Gravy Cauliflower Florets Green Bean Medley Mashed Potatoes	Roast Chicken with Sage & Onion Stuffing Carrot Batons Broccoli Florets Roast Potatoes
Vegetarian Option	Pea Risotto	Quinoa, Lentil & Roasted Carrot Bake	Breaded Quorn Escalopes	Chinese Style Sweet & Sour Tofu	Vegetable Lasagne	Vegetable Sausages	Sweet Potato & Nut Roast
Fish of the Day	Mackerel, New Potato & Beetroot Salad	Salmon & Asparagus Tagliatelle	Tuna Nicoise Salad	Haddock Mornay	Plaice Florentine	Poached Salmon	Grilled Cod with Cherry Tomatoes
Dessert	Vanilla Panna Cotta with Blackcurrant Coulis	Gooseberry Tart with Custard	Fruit Compote with Greek Yoghurt	Lemon Posset with Shortbread Biscuits	Fresh Fruit Flan with Cream	Eton Mess	Sherry Trifle
6.00pm Supper Main Choice	Cauliflower & Broccoli Cheese Cheese & Crackers Fresh Fruit & Yoghurt	“Ploughman’s” Supper Cheese & Crackers Fresh Fruit & Yoghurt	Brussels or Mackerel Pate with Toast Fresh Fruit & Yoghurt Cheese & Crackers	Quiche Lorraine with Watercress & Avocado Salad Cheese & Crackers Fresh Fruit & Yoghurt	Vegetable & Chick Pea Korma with Naan Bread Cheese & Crackers Fresh Fruit & Yoghurt	Chicken or Sardine Salad Cheese & Crackers Fresh Fruit & Yoghurt	High Tea (Assorted Sandwiches & Cakes with Crisps) Cheese & Crackers Fresh Fruit or Yoghurt
Supper Alternatives	Jacket Potato Choice of Soups Assorted Sandwiches Boiled or Scrambled Eggs	Jacket Potato Choice of Soups Assorted Sandwiches Boiled or Scrambled Eggs	Jacket Potato Choice of Soups Assorted Sandwiches Boiled or Scrambled Eggs	Jacket Potato Choice of Soups Assorted Sandwiches Boiled or Scrambled Eggs	Jacket Potatoes Choice of Soups Assorted Sandwiches Boiled or Scrambled Eggs	Jacket Potato Choice of Soups Assorted Sandwiches Boiled or Scrambled Eggs	Jacket Potato Choice of Soups Boiled or Scrambled Eggs