

## Sample Seasonal Weekly Menu - Autumn/Winter

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	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
<b>Lunch Starter</b>	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
<b>Lunch Main Choice</b>	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
<b>Vegetarian Option</b>	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
<b>Fish of the Day</b>	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
<b>Dessert</b>	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
<b>6.00pm Supper Main Choice</b>	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
<b>Supper Alternatives</b>	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
<b>Breakfast</b>	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
<b>Lunch Starter</b>	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
<b>Lunch Main Choice</b>	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
<b>Vegetarian Option</b>	Pea Risotto	Quinoa, Lentil & Roasted Carrot Bake	Breaded Quorn Escalopes	Chinese Style Sweet & Sour Tofu	Vegetable Lasagne	Vegetable Sausages	Sweet Potato & Nut Roast
<b>Fish of the Day</b>	Mackerel, New Potato & Beetroot Salad	Salmon & Asparagus Tagliatelle	Tuna Nicoise Salad	Haddock Mornay	Plaice Florentine	Poached Salmon	Grilled Cod with Cherry Tomatoes
<b>Dessert</b>	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
<b>6.00pm Supper Main Choice</b>	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
<b>Supper Alternatives</b>	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