WEEKLY MENU

Week 1

Monday Main Course	Tuesday Main Course	Wednesday Main Course	Thursday Main Course	Friday Main Course	Saturday Main Course	Sunday Main Course
Lamb & Mint Pie	Steak Pie With Flaky Pastry Top	Pork Loin In Apple & Sage Sauce	Chicken Korma	Battered Haddock	Sweet & Sour Chicken	Premium Roast Beef in Gravy
or	or	or	or	or	or	or
Minced Beef Hotpot	Chicken Breast in Tomato & Basil Sauce	Smoked Haddock & Spinach Crumble	Shepherds Pie	Vegetarian Sausage Casserole	Lamb Casserole	Roast Pork in Gravy
Served with	Served with	Served with	Served with	Served with	Served with	Served with
Colcannon Mash	West Country Cheddar Mash	Dauphinoise Potatoes	Basmati Yellow Rice	Oven Chips	Vegetable Rice	Golden Roast Potatoes
or	or	or	or	or	or	or
Boiled Potatoes	Golden Roast Potatoes	Boiled Potatoes	Saute Potatoes	Baby Potatoes	Croquette Potatoes	Mashed Potato
Cabbage	Sliced Carrots	Minted Summer Vegetables	Sliced Carrots	Mushy Peas	Peas	Red Cabbage with Apple & Port
&	&	&	&	&	&	&
Mashed Swede	Vegetable Medley	Mashed Root Vegetables	Cut Green Beans	Mixed Vegetables	Carrot Tips	Brussel Sprouts
Dessert	**Dessert**	**Dessert**	**Dessert**	**Dessert**	**Dessert**	**Dessert**
Bread & Butter Pudding	Sticky Toffee Pudding	Peach & Raspberry Pie	Apple Crumble	Spotted Dick	Chocolate Chip Pudding with Salted Caramel Sauce	Plum & Cherry Pie
or	or	or	or	or	or	or
Stewed Apple	Clotted Cream Rice Pudding	Cooked Apricots	Rice Pudding with Nutmeg	Semolina Pudding	Chef's Rice Pudding	Mini Nordica

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WEEKLY MENU

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup Entrée	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**
Minestrone Soup	Leek & Potato Soup	Vegetable & Herb Soup	Tomato, Pepper & Red Lentil Soup	Chicken Broth	Red Lentil Broth	Carrot & Coriander Soup
Main Course	**Main Course**	**Main Course**	**Main Course**	**Main Course**	**Main Course**	**Main Course**
Chicken Kiev	Fishcakes	Cheese & Onion Pie	Chilli Con Carne	Pork Meatballs in Tomato & Herb Sauce	Beef Bolognaise Sauce	Cheese & Tomato Omelettes
Served with	Served with	Served with	Served with	Served with	Served with	Served with
Baked Beans	Potato Wedges	Baked Beans	Whole Jacket Potatoes	Vegetable Rice	Penne Pasta	Saute Potatoes

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WEEKLY MENU

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	**Main Course**	**Main Course**	**Main Course**	**Main Course**	**Main Course**	**Main Course**
Irish Stew	Cottage Pie	Chicken Breast in Creamy Mushroom Sauce	Sliced Gammon & Pineapple	Breaded Haddock	Suet Topped Steak & Potato Pie	Sliced Chicken In Gravy
or	or	or	or	or	or	or
Salmon Crumble	Chicken & Vegetable Casserole	Curried Lamb, Potato & Tomato	Baked Vegetable Pie	Chicken & Ham Pie with Flaky Pastry Top	Pork & Apple Casserole	Roast Lamb in Gravy
Served with	Served with	Served with	Served with	Served with	Served with	Served with
Colcannon Mash	Croquette Potatoes	Baby Potatoes	West Country Cheddar Mash	Oven Chips	West Country Cheddar Mash	Golden Roast Potatoes
or	or	or	or	or	or	or
Baby Potatoes	Saute Potatoes	Vegetable Rice	Boiled Potatoes	Mashed Potato	Dauphinoise Potatoes	Mashed Potato
Minted Summer Vegetables	Cauliflower	Broccoli	Cabbage	Carrot Tips	Large Broccoli Florets	Carrots with Parsley Butter
&	&	&	&	&	&	&
Mashed Swede	Cut Green Beans	Sliced Carrots	Mashed Root Vegetables	Mushy Peas	Red Cabbage with Apple & Port	Cut Green Beans
Dessert	**Dessert**	**Dessert**	**Dessert**	**Dessert**	**Dessert**	**Dessert**
Pineapple Sponge	Bakewell Tart	Apple Pie	Baked Vanilla Cheesecake	Lemon Sponge	Apricot Crumble	Somerset Apple Cake
or	or	or	or	or	or	or
Clotted Cream Rice Pudding	Strawberry Mousse	Cooked Apricots	Chef's Rice Pudding	Stewed Apple	Tapioca Pudding	Chocolate Eclairs

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WEEKLY MENU

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup Entrée	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**
Minestrone Soup	Cream of Chicken Soup	Mushroom Soup	Vegetable Soup	Pea & Ham Soup	Scotch Broth	Tomato Soup
Main Course	**Main Course**	**Main Course**	**Main Course**	**Main Course**	**Main Course**	**Main Course**
Chicken & Pasta with Tomato & Herbs	Cheese & Mushroom Omelettes	Asparagus, Pea & Mint Quiche	Macaroni Cheese	Chicken Goujons	Vegetarian Hotpot	Corned Beef Hash
Served with	Served with	Served with	Served with	Served with	Served with	Served with
Broccoli	Hash Browns	Saute Potatoes	Mixed Vegetables	Baked Beans	Peas	Mixed Vegetables

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WEEKLY MENU

Week 3

Monday Main Course	Tuesday Main Course	Wednesday Main Course	Thursday Main Course	Friday Main Course	Saturday Main Course	Sunday Main Course
Beef Casserole	Tuna Pasta Bake	Roast Chicken Breasts in Gravy	Beef Stew & Dumplings	Battered Haddock	Sausage Casserole	Premium Roast Beef in Gravy
or	or	or	or	or	or	or
Chicken Curry	Savoury Minced Beef	Lamb & Mint Pie	Baked Chicken & Vegetable Pie	Vegetarian Cottage Pie	Lancashire Hotpot	Sliced Turkey in Gravy
Served with	Served with	Served with	Served with	Served with	Served with	Served with
West Country Cheddar Mash	Croquette Potatoes	Golden Roast Potatoes	Dauphinoise Potatoes	Oven Chips	Colcannon Mash	Golden Roast Potatoes
or	or	or	or	or	or	or
Basmati Yellow Rice	Mashed Potato	West Country Cheddar Mash	Minted Boiled Potatoes	Mashed Potato	Saute Potatoes	Mashed Potato
Cut Green Beans	Mashed Root Vegetables	Vegetable Medley	Sweetcorn	Mushy Peas	Minted Summer Vegetables	Mashed Swede
&	&	&	&	&	&	&
Carrot Tips	Peas	Sliced Carrots	Cabbage	Carrots with Parsley Butter	Red Cabbage with Apple & Port	Brussel Sprouts
Dessert	**Dessert**	**Dessert**	**Dessert**	**Dessert**	**Dessert**	**Dessert**
Chocolate Chip Pudding with Salted Caramel Sauce	Mixed Fruit Pie	Rhubarb Crumble	Sticky Toffee Pudding	Bread & Butter Pudding	Raspberry Pudding	Apple Sponge
or	or	or	or	or	or	or
Semolina Pudding	Tapioca Pudding	Apple & Blackberry Cobbler	Stewed Apple	Rice Pudding with Nutmeg	Chocolate Mousse	Mini Nordica

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WEEKLY MENU

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup Entrée	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**
Leek & Potato Soup	Minestrone Soup	Vegetable & Herb Soup	Tomato, Pepper & Red Lentil Soup	Chicken Broth	Red Lentil Broth	Carrot & Coriander Soup
Main Course	**Main Course**	**Main Course**	**Main Course**	**Main Course**	**Main Course**	**Main Course**
Fish in Cheese Sauce	Chicken Kiev	Cauliflower Cheese	Quiche Lorraine	7" Premium Sausage Roll	Cheese & Onion Pie	Fish Goujons
Served with	Served with	Served with	Served with	Served with	Served with	Served with
Potato Wedges	Hash Browns	Saute Potatoes	Croquette Potatoes	Baked Beans	Mediterranean Veg with Pecorino Cheese	Saute Potatoes

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WEEKLY MENU

Week 4

Monday Main Course	Tuesday Main Course	Wednesday Main Course	Thursday Main Course	Friday Main Course	Saturday Main Course	Sunday Main Course
Fish Pie	Sausage Casserole	Cumberland Pie	Chicken Chasseur	Breaded Cod	Liver & Bacon	Roast Pork in Gravy
or	or	or	or	or	or	or
Vegetarian Tikka Masala	Lamb Grill Steaks in Minted Gravy	Smoked Haddock & Spinach Crumble	Sausages in Onion Gravy	Sliced Gammon & Pineapple	Beef Stew & Dumplings	Roast Chicken Breasts in Gravy
Served with	Served with	Served with	Served with	Served with	Served with	Served with
Croquette Potatoes	West Country Cheddar Mash	Minted Boiled Potatoes	Potato Wedges	Oven Chips	Minted Boiled Potatoes	Golden Roast Potatoes
or	or	or	or	or	or	or
Basmati Yellow Rice	Boiled Potatoes	Colcannon Mash	Dauphinoise Potatoes	West Country Cheddar Mash	Croquette Potatoes	Mashed Potato
Sliced Carrots	Peas	Brussel Sprouts	Sweetcorn	Mushy Peas	Cut Green Beans	Minted Summer Vegetables
&	&	&	&	&	&	&
Broccoli	Mashed Root Vegetables	Cauliflower	Large Broccoli Florets	Carrot Tips	Mashed Swede	Red Cabbage with Apple & Port
Dessert	**Dessert**	**Dessert**	**Dessert**	**Dessert**	**Dessert**	**Dessert**
Chocolate Chip Sponge	Apple Pie	Jam Sponge	Bakewell Tart	Syrup Sponge	Jamaican Ginger Pudding with Orange Sauce	Summer Fruit Crumble
or	or	or	or	or	or	or
Rice Pudding with Nutmeg	Cooked Apricots	Clotted Cream Rice Pudding	Cooked Summer Fruits	Tapioca Pudding	Chocolate Eclairs	Chef's Rice Pudding

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WEEKLY MENU

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup Entrée	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**	**Soup Entrée**
Minestrone Soup	Tomato Soup	Cream of Chicken Soup	Vegetable Soup	Pea & Ham Soup	Scotch Broth	Mushroom Soup
Main Course	**Main Course**	**Main Course**	**Main Course**	**Main Course**	**Main Course**	**Main Course**
Potato Topped Chicken Pie	Corned Beef Hash	Beef Bolognaise with Pasta	Salmon Crumble	Cheese & Onion Quiche	Vienna Steak in Sauce	Macaroni Cheese
Served with	Served with	Served with	Served with	Served with	Served with	Served with
Potato Wedges	Baked Beans	Mediterranean Veg with Pecorino Cheese	Boiled Potatoes	Vegetable Medley	Saute Potatoes	Mixed Vegetables

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