

## MONDAY WEEK 3

### BREAKFAST

Bacon, Scrambled Egg, Hash Browns, Beans  
Fruit Selection, Fresh Fruit

### LUNCH

Hot Jacket Potatoes  
Vegetable Soup  
Available at Salad Bar

Chicken Kiev ●  
Italian Meatballs & Pasta ●  
Mixed Beans and Red Pepper Chilli V ●  
New Potatoes  
Carrot Batons  
Broccoli

Apple Crumble & Custard

### TEA

Pork in Black Bean Sauce ●  
Breaded Plaice ●  
Vegetarian Samosas V ●  
Egg Fried Rice  
Pan Fried Veg and Noodles

Milkshake & Cookie

*G – Gluten Free V – Vegetarian V – Vegan*

● *Healthy Choice* ● *Ok Choice* ● *Less Healthy Choice*

## TUESDAY WEEK 3

### BREAKFAST

Sausage, Fried Eggs, Potato Waffles, Spaghetti Hoops  
Fruit Selection, Fresh Juice

### LUNCH

Hot Jacket Potatoes  
Leek & Potato Soup  
Available at Salad Bar

Lamb Stew with Mint Dumpling ●  
Creamy Ham, Leek & Mushroom Pasta ●  
Pearl Barley, Parsnip and Lemon Tagine V ●  
Mashed Potatoes  
Cauliflower  
Green Beans  
Gravy

Assorted Mousse

### TEA

Thai Green Chicken Curry & Rice ●  
Cod Fish Cakes ●  
Spinach and Pepper Frittata V ●  
Buttered New Potatoes  
Thyme Glazed Carrots  
Broccoli

Raspberry & White Chocolate Roulade

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## WEDNESDAY WEEK 3

### BREAKFAST

Waffles served with Chocolate Sauce and Forest Fruits  
Fruit Selection

### LUNCH

Hot Jacket Potatoes  
Stilton & Broccoli Soup  
Available at Salad Bar

Roast Beef, Horseradish Sauce & Yorkshire Pudding ●

Vegetarian Tortellini in Tomato Sauce V ●

Roast Potatoes

Mashed Potatoes

Winter Cabbage

Cauliflower Cheese

Garden Peas

Ginger Sponge or Spotted Dick with White Sauce

### TEA

Curried Chicken and New Potato Tray Bake ●

Marmalade Pork Steak ●

Asparagus and Pea Risotto V ●

Selection of Vegetables and Potatoes

Cupcakes

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● Healthy Choice ● Ok Choice ● Less Healthy Choice

## THURSDAY WEEK 3

### BREAKFAST

Grilled Bacon, Eggy Bread, Beans  
Fruit Selection

### LUNCH

Hot Jacket Potatoes  
Ham & Lentil Soup  
Available at Salad Bar

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Chicken & Chorizo Jambalaya ●  
Filo topped Fish Pie ●  
Leek, Cheese and Potato Pasties **V** ●  
Herby New Potatoes  
Garlicky Greens  
Sweetcorn

Assorted Doughnuts

### TEA

Italian Style Beef Stew ●  
Rosemary Chicken in a Tomato Sauce ●  
Creamy Courgette Lasagne **V** ●  
Pomme Noisettes  
Selection of Fresh Vegetables  
  
Dutch Apple Cake with Toffee Sauce

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## FRIDAY WEEK 3

### BREAKFAST

Chocolate & Butter Croissants  
Fruit Selection

### LUNCH

Salad Bar  
Battered Cod with Tartar Sauce ●  
Tomato & Basil Pasta V ●  
Chicken Korma with Rice ●  
Chips  
Pea & Sweetcorn  
Baked Beans  
  
Ice Cream

### TEA

*Spanish Night:-*  
Chicken & Chorizo Rice ●  
Pork Meatballs cooked in a Tomato Sauce ●  
Spiced Vegetable Tortilla ●  
Patatas Bravas  
Green Beans  
Tomato and Red Onion Salad  
  
Churros with Chocolate Sauce

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## SATURDAY WEEK 3

### BREAKFAST

Sausage, Hash Browns, Beans & Scrambled Eggs  
Fruit Selection

### LUNCH

Roast Gammon Bap ●  
Pasta Bolognaise ●  
Green Pesto Pasta **V** ●  
Herby Diced Potatoes  
Sweetcorn & Peas

Fruit Selection

### TEA

*Pie ohh Pie ohh Pie:-*  
Steak Pie ●  
Chicken & Mushroom Pie ●  
Mince & Onion Pie ●  
Cheese & Onion Pie **V** ●  
Served with  
Creamy Mash  
Peas  
Gravy

Strawberry Cheesecake

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## SUNDAY WEEK 3

8.30am-9am - Cereals & Toast

9am-10am - Full English Breakfast

12.30pm-1.30pm - Jacket Potatoes  
with a selection of Fillings  
Yoghurt & Fruit

### TEA

Roast Chicken & Cranberry **G** ●

Roast Beef & Horseradish **G** ●

Nut Roast **V** ●

Yorkshire Pudding

Roast Potatoes

Mashed Potatoes

Carrot Batons

Broccoli

Winter Cabbage

Gravy

Apple and Summer Fruits Crumble

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