

ALTERNATIVES AVAILABLE FOR SPECIAL DIETS, VEGETARIAN, VEGAN, GF ETC

MENU week 1 WEEK -	lunch LUNCH	tea
<p><u>MONDAY</u> Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters Tea, Coffee, Hot chocolate, fruit juice</p>	<p>Pork casserole with root vegetables, broccoli, boiled potatoes</p> <p>Lemon sponge</p>	<p>Sardines on toast</p> <p>Salad bowl</p> <p>Choice of soup in a cup</p>
<p><u>TUESDAY</u> Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters Tea, Coffee, Hot chocolate, fruit juice</p>	<p>Grilled plaice with butter sauce. Large mixed vegetables, spinach and sauté potatoes</p> <p>Rice pudding</p>	<p>Sliced ham with croquet potatoes</p> <p>Salad bowl</p> <p>Choice of soup in a cup</p>
<p><u>WEDNESDAY</u> Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters Tea, Coffee, Hot chocolate, fruit juice</p>	<p>Savoury minced beef, peas, runner beans, creamed mashed potatoes</p> <p>Pear crumble & custard</p>	<p>fried egg on toast</p> <p>salad bowl</p> <p>choice of soup in a cup</p>
<p><u>THURSDAY</u> Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters Tea, Coffee, Hot chocolate, fruit juice</p>	<p>Turkey in a cream sauce, buttered cabbage, carrots, swede and croquet potatoes</p> <p>Stewed winter fruits and custard</p>	<p>Scampi and chips</p> <p>Salad bowl</p> <p>Choice of soup in a cup</p>
<p><u>FRIDAY</u> Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters Tea, Coffee, Hot chocolate, fruit juice</p>	<p>Breaded fish and chips, grilled tomatoes, and peas</p> <p>Fresh fruit salad and cream</p>	<p>Macaroni cheese</p> <p>Salad bowl</p> <p>Choice of soup in a cup</p>
<p><u>SATURDAY</u> Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters Tea, Coffee, Hot chocolate, fruit juice</p>	<p>Sausages in onion gravy, baked beans, small mixed vegetables and mashed potatoes</p> <p>Chocolate sponge and chocolate sauce</p>	<p>Choice of soup and a roll</p> <p>Salad bowl</p>

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<u>SUNDAY</u> Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters Tea, Coffee, Hot chocolate, fruit juice	Roast leg of lamb, roast parsnips, spring greens, carrots, and roast potatoes Fruit trifle	Buffet tea, including a selection of sandwiches and savoury bites salad bowl choice of soup in a cup
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