

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

<b>MENU week 3 WEEK -</b>	<b>lunch LUNCH</b>	<b>tea</b>
<p><b><u>MONDAY</u></b>  <b>Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters</b>  <b>Tea, Coffee, Hot chocolate, fruit juice</b></p>	<p>Turkey pie, carrots, peas, French beans, and sauté potatoes</p> <p>Cherry sponge and custard</p>	<p>Ravioli</p> <p>Salad bowl</p> <p>Choice of soup in a cup</p>
<p><b><u>TUESDAY</u></b>  <b>Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters</b>  <b>Tea, Coffee, Hot chocolate, fruit juice</b></p>	<p>Fish in parsley sauce, large mixed vegetables, grilled tomatoes, and buttered new potatoes</p> <p>Fresh fruit salad and cream</p>	<p>Mini pasties</p> <p>Salad bowl</p> <p>Choice of soup in a cup</p>
<p><b><u>WEDNESDAY</u></b>  <b>Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters</b>  <b>Tea, Coffee, Hot chocolate, fruit juice</b></p>	<p>Liver with onions and bacon in gravy, spring greens, cauliflower, peas and mash potatoes</p> <p>Angel delight with tinned strawberries</p>	<p>Fried egg and chips</p> <p>salad bowl</p> <p>choice of soup in a cup</p>
<p><b><u>THURSDAY</u></b>  <b>Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters</b>  <b>Tea, Coffee, Hot chocolate, fruit juice</b></p>	<p>Chicken hot pot, root vegetables, runner beans and spinach</p> <p>Crème caramel</p>	<p>Sardine sandwich</p> <p>Salad bowl</p> <p>Choice of soup in a cup</p>
<p><b><u>FRIDAY</u></b>  <b>Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters</b>  <b>Tea, Coffee, Hot chocolate, fruit juice</b></p>	<p>fish and chips with peas and baked beans</p> <p>rice pudding with golden syrup</p>	<p>Cheese on toast</p> <p>Salad bowl</p> <p>Choice of soup in a cup</p>
<p><b><u>SATURDAY</u></b>  <b>Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters</b>  <b>Tea, Coffee, Hot chocolate, fruit juice</b></p>	<p>Sausages, cabbage, carrots, spinach, and mashed potatoes</p> <p>Apple crumble and custard</p>	<p>Buttered crumpets</p> <p>Salad bowl</p> <p>Choice of soup in a cup</p>

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<b><u>SUNDAY</u></b> <b>Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters</b> <b>Tea, Coffee, Hot chocolate, fruit juice</b>	roast beef with Yorkshire puddings, Brussel sprouts, broccoli, creamed swede and roast potatoes  orange trifle	Buffet tea, including a selection of sandwiches and savoury bites  salad bowl  choice of soup in a cup
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