

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

MENU week 4 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>Chicken in cheese & leek sauce, carrots, spring greens, and croquet potatoes</p> <p>Rhubarb and custard</p>	<p>Scampi and chips</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>Roast turkey and stuffing, Yorkshire puddings, pigs in blankets, Brussel sprouts, mixed root vegetable and roast potatoes</p> <p>Plum crumble and ice cream</p>	<p>Spaghetti hoops on toast</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>Poached fish, small mixed vegetables, French beans and boiled potatoes</p> <p>Semolina and strawberry jam</p>	<p>Chicken and mushroom slices</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>Lamb hot pot, broccoli, and peas</p> <p>Pineapple upside down cake with custard</p>	<p>Smoked mackerel with bread and butter</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>fish pie with parsley sauce, carrots, runner beans, and cabbage</p> <p>biscoffi cheesecake</p>	<p>Chicken nuggets</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>Minced beef casserole with root vegetables, spinach, and boiled new potatoes</p> <p>Lemon sponge and ice cream</p>	<p>Toasted muffins (sweet or savoury topping)</p> <p>Salad bowl</p> <p>Choice of soup in a cup</p>

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<p><u>SUNDAY</u> Breakfast: Fresh fruit, Prunes, Cereals, Porridge, Toast with Jam, Marmalade, marmite, honey, peanut butters Tea, Coffee, Hot chocolate, fruit juice</p>	<p>Roast chicken with Yorkshire puddings, stuffing, roast parsnips, Brussel sprouts, and roast potatoes</p> <p>Jelly and cream</p>	<p>Buffet tea, including a selection of sandwiches and savoury bites</p> <p>salad bowl</p> <p>choice of soup in a cup</p>
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