



WEEK 1 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee
LUNCH	Shepherd's pie with seasonal vegetables Lemon and mascapone	Sausage and onion pie Mandarin cheesecake	Roast pork with seasonal vegetables Lemon merangue pie	Shortcrust chicken pies with fresh vegetables Lime pie	Lemon and pepper fish fillets White chocolate gateaux	Liver and bacon with seasonal vegetables Crumble with vanilla ice cream	Beef with seasonal vegetables Trifle
SUPPER	Prawn salad Chocolate mousse	Jacket potatoes and cheese Butterscotch mousse	Hamwhich and beans Chocolate eclairs	Omelette with bread and butter Banana mousse	Turkey drummers with tomatoes Summer fruit, berry pavalova	Chicken and prawn paella Victoria sponge	Kipper fillets with bread and butter Strawberry ice cream cornettos



WEEK 2 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee
LUNCH	Lamb hot pot, topped with sliced potatoes ----- Lemon curd swiss roll with custard	Chicken fillets in creamy white wine sauce ----- Warm Jamaican ginger cake with double cream	Pork steaks with apple sauce ----- Apple strudel with carnation milk	Lasagne and chips ----- Chocolate fudge cake with vanilla ice cream	Mackerel fillets with seasonal vegetables ----- Pitted prunes with custard	Liver and onions with seasonal vegetables ----- Pineapple and golden syrup upside down sponge	Minted lamb grill steaks with seasonal vegetables ----- Fruit cocktail
SUPPER	Tuna pasta bake ----- Arctic roll	Indian style lentil and spinach quarter pounders with curried beans ----- Rice pudding	Lamb and mint koftas with tomatoes ----- Choc ices	Fish cakes and marrowfat peas ----- Custard slices	Quiche and salad ----- Profiteroles	Pilchards on toast ----- A selection of favourites	Soup and assorted sandwiches ----- Mousse and jelly



WEEK 3 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee	A selection of cereal, toast, tea and coffee
LUNCH	Sweet and sour diced pork and noodles ----- Pain au chocolate with custard	Chicken in red wine sauce with dumplings ----- Blueberries and vanilla ice cream with chocolate sauce	Roast beef with seasonal vegetables ----- Sticky toffee puddings with custard	Sausage and onion pie with seasonal vegetables ----- Fruit flan	Fish pie with seasonal vegetables ----- Bread and butter pudding	Chicken curry and rice ----- Mandarin cheesecake	Gammon and new potatoes ----- Pear crumble with squirty cream
SUPPER	Chunky fish fingers with grilled tomatoes ----- After Eight mint mousses	Poached eggs on toast ----- Mousse	Chicken burgers in a bun ----- Seasonal fruit	A selection of favourites ----- Raspberries in strawberry jelly	The full monty with hash brown chips ----- Mint choc chip ice cream and wafers	Corned beef or veg bakes with spaghetti ----- Lemon jelly	Salmon and broccoli risotto ----- Mini Vienettas