



Week 1 – LUNCH MENU

MONDAY

Braised Lamb Steaks with a Port, Rosemary & Redcurrant Jus

OR

Cottage Pie

With

Parmentier Potatoes, Broccoli Spears and Baton Carrots

Cherry Sponge with Custard

TUESDAY

Chicken Korma with Rice

OR

Bacon & Onion Pudding

With

Mashed Potatoes, Petits Pois & Mashed Swede

Rhubarb Crumble with Custard

WEDNESDAY

Roast Lamb with Mint Sauce

OR

Baked Herb Crusted Cod with a Cheddar Sauce

With

Roast Potatoes, Green Cabbage and Sliced Carrots

Banoffee Pie

THURSDAY

Beef & Guinness Pie

OR

Chicken with a Garlic & Mushroom Sauce

with

Sauté Potatoes, Fine Green Beans and Cauliflower Florets

Apricot & Ginger Upside down Sponge with Custard

FRIDAY

Battered Haddock with Tartare Sauce

OR

Pork Steak with Apple & Spring Onion Sauce

with

Chipped Potatoes and Garden Peas

Spotted Dick with Custard

SATURDAY

Lamb Hot Pot

OR

Braised Steaks with Diane sauce

with

Mashed Potatoes, Broccoli Florets and Pureed Swede

Bread & Butter Pudding with Custard

SUNDAY

Roast Chicken with Sage & Onion Stuffing

OR

Sausage Casserole

With

Roast Potatoes, Brussel Sprouts and Honeyed Parsnips

Apple & Sultana Mixed Spice Sponge with Custard





Week 2 – LUNCH MENU

MONDAY

Beef in Red Wine with Thyme, Onions & Mushrooms

Or

Duck with Plum & Port Sauce

With

Lyonnaise Potatoes, Broccoli Florets and Baton Carrots

Apricot Jam Sponge with Custard

TUESDAY

Sweet & Sour Chicken with Rice

Or

Shepherd's Pie with Gravy

With

Garden Peas and Pureed Swede

Apple & Mincemeat Strudel with Custard

WEDNESDAY

Roast Pork with Apple Sauce

Or

Baked Salmon with Sweet Chilli & Honey Sauce

With

Roast Potatoes, Cauliflower Florets and Fine Green Beans

Lemon Meringue Pie with Cream

THURSDAY

Lamb & Mint Pie

Or

Turkey with Stilton Sauce

With

Mashed Potatoes, Green Cabbage and Swede

Pineapple Upside Down Sponge with Custard

FRIDAY

Beer Battered Cod with Tartare Sauce

Or

Beef Cannelloni with Garlic Bread

With

Chipped Potatoes and Garden Peas

Apple Pie with Custard

SATURDAY

Lambs Liver, Bacon & Onion Casserole

Or

Lemon & Herb Crusted Pork Steak

With

Sauté Potatoes and Mixed Country Vegetables

Bread Pudding with Custard

SUNDAY

Roast Beef with Yorkshire Pudding

Or

Chicken Casserole

With

Roast Potatoes, Sliced Carrots and Savoy Cabbage

Bakewell Tart with Custard





Week 3 – LUNCH MENU

MONDAY

Pork & Apple casserole

Or

Turkey & Ham Pie

With

Parmentier Potatoes, Cauliflower Florets and Garden Peas

Lemon Sponge with Sauce

TUESDAY

Lamb Curry with Rice

Or

Steak & Kidney Pudding

With

Mashed Potatoes, Broccoli Spears & Baton Carrots

Syrup Sponge with Custard

WEDNESDAY

Roast Gammon with Gravy

Or

Cod, Salmon & Prawn Mornay

With

Roast Potatoes, Green Cabbage & Swede

Apple Crumble with Custard

THURSDAY

Chicken & Mushroom Pie

Or

Lasagne with Garlic Bread

With

Mashed Potatoes, Sliced leeks & Fine Green Beans

Sticky Toffee Pudding with Custard

FRIDAY

Breaded Scampi with Tartare Sauce

Or

Lamb, Red Wine & Rosemary Casserole

With

Chipped Potatoes and Garden Peas

Semolina & Jam

SATURDAY

Braised Steaks with Vegetables & Ale Gravy

Or

Chicken Chasseur

With

Fondant Potatoes and Mixed Country Vegetables

Strawberry Sponge with Custard

SUNDAY

Roast Lamb with Mint Sauce

Or

Pork Steaks with Plum & Port Sauce

With

Roast Potatoes, Baton Carrots and Savoy Cabbage

Chocolate Sponge with Chocolate Sauce





Week 4 – MENU

MONDAY

Minced Beef Hot Pot

Or

Chicken with Lemon, Thyme & White Wine Sauce

With

Mashed Potatoes, Petits Pois & Mashed Swede

Jam & Coconut Sponge with Custard

TUESDAY

Sweet & Sour Pork with Rice

Or

Lamb Steaks with Mint & Redcurrant Jus

With

Duchess Potatoes, Baton Carrots and Fine Green Beans

Mincemeat Tart with Custard

WEDNESDAY

Roast Chicken with Sage & Onion Stuffing

Or

Grilled Plaice

With

Roast Potatoes, Cauliflower and Broccoli Florets

Apple Sponge with Custard

THURSDAY

Steak & Ale Pie

Or

Duck with Cherry & Red Wine Sauce

With

Mashed Potatoes, Green Cabbage and Baton Carrots

Ginger Sponge with Custard

FRIDAY

Beer Battered Cod with Tartare Sauce

Or

Sausages with Fried Onions

With

Chipped Potatoes and Garden Peas

Rhubarb & Pear Crumble with Custard

SATURDAY

Beef Stew & Dumplings

Or

Chicken wrapped in Smoked Bacon with Barbecue Sauce

With

Mashed Potatoes and Mixed Country Vegetables

Apple & Blackberry Pie with Custard

SUNDAY

Roast Pork with Apple Sauce

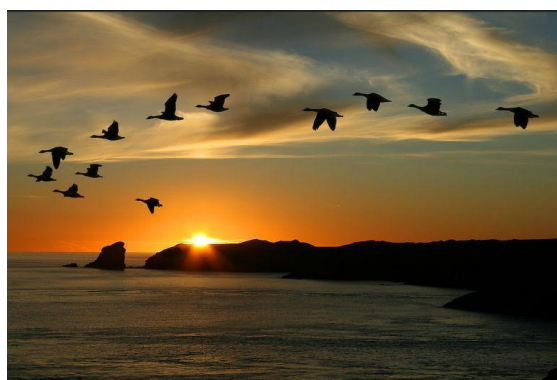
Or

Shepherd's Pie

With

Roast Potatoes, Green Cabbage and Carrot & Swede Mash

Syrup Sponge with Custard





Week 5 – LUNCH MENU

MONDAY

Lemon & Black Pepper Breaded Turkey Escalopes
Or
Braised Steak with Red Wine & Mushrooms
With
Marquise Potatoes, Broccoli Florets and Baton Carrots

Apple Tart with Custard

TUESDAY

Chicken Curry with Rice
Or
Sausage Meat Plait
With
Sauté Potatoes, Fine Green Beans and Swede

Butterscotch Sponge & Sauce with Custard

WEDNESDAY

Roast Beef with Yorkshire Pudding
Or
Poached Salmon with Hollandaise Sauce
With
Roasted Potatoes, Savoy Cabbage and Baton Carrots

Jam Sponge with Custard

THURSDAY

Chicken, Bacon & Leek Pie
Or

Lamb Shrewsbury
With
Mashed Potatoes, Broccoli Florets and Cauliflower Cheese

Apple Crumble with Custard

FRIDAY

Breaded Plaice Goujons with Tartare Sauce
Or

Braised Gammon Steaks with Pineapple
With

Chipped Potatoes and Garden Peas

Jam Roly Poly with Custard

SATURDAY

Beef in Red Wine with Herbed Dumplings
Or

Lamb & Potato Bake
With

Mashed Potatoes, Green Cabbage & Sliced Carrots

Eves Pudding with Custard

SUNDAY

Roast Turkey with Cranberry Sauce
Or

Pork Medallions with Smoked Paprika & Sweet Pepper Sauce
With

Roasted Potatoes, Brussel Sprouts and Mashed Swede

Rice Pudding with Jam

