Great Oaks		WEEKLY MENU	LUNCH	DINNER		Week 1
Monday	Roasted Vegetable Soup	 Lamb Navarin Steamed Pollock, Tomato & Caper Sauce Mash potato Broccoli and Sweetcorn 	 Jam, Coconut Sponge & Custard Fruit salad	Soup of the Day	Selection of SandwichesChicken Pastry Slice &Mixed Salad	Orange JellyCheese and Biscuits
Tuesday	Cream of Celeriac Soup	 Lemon Chicken Mediterranean Vegetable Lasagne New potatoes Cauliflower and Carrots 	Gooseberry & Apple Crumble, CustardFruit salad	Soup of the Day	Selection of SandwichesSausage Rollsand Baked Beans	 Chilled Semolina Pudding, Raspberry Sauce Cheese and Biscuits
Wednesda	Carrot & Coriander Soup	Beef StewHaddock & Cheese sauceMash potatoVegetable Panache	Sticky ToffeePuddingFruit salad	Soup of the Day	Selection of SandwichesCheese Ploughman's	Lemon RouladeCheese and Biscuits
Thursday	Cream of Cauliflow- er Soup	 Turkey Karma & Rice Salmon Fillet, Herb Cream Sauce Potato Croquette Green Beans and Carrots 	Chocolate BrownieFruit salad	Soup of the Day	 Selection of Sandwiches Battered Chicken Burger with Fries 	Creme BruleCheese and Biscuits
Friday	Tomato & Basil Soup	 Battered Fish with Tartare Sauce Pork and Leek Sausages Chips Peas 	 Brioche Bread & Butter Pudding & Custard Fruit salad 	Soup of the Day	Selection of SandwichesPasta Carbonara	CheesecakeCheese and Biscuits
Saturday	Broccoli & Stilton Soup	Coq au VinVegetable Hot PotMash PotatoesMixed Vegetables	Traditional Fruit TrifleFruit salad	Soup of the Day	 Selection of Sandwiches Dried Tomato and Brie Tart with Potato Salad 	Eton MessCheese and Biscuits
Sunday	Leek & Potato Soup	 Roast beef with all the trimmings Fillet of Sea bass, Lemon Butter Sauce Roast potatoes Swede puree and broccoli 	Treacle Sponge and Double CreamFruit salad	Soup of the Day	Selection of SandwichesCheese and Ham Toastie	Dark Chocolate TorteCheese and Biscuits

Great Oaks		WEEKLY MENU	LUNCH	DINNER		Week 2
Monday	Sweet Potato & Tarragon Soup	 Beef Lasagne Stuffed Aubergine, Tomato Coulis Roasted New Potatoes, Corn, Peas & Carrots 	Chocolate Sponge & CustardFruit salad	Soup of the Day	Selection of SandwichesChicken Goujons and Wedges	Creme CaramelCheese and Biscuits
Tuesday	Cream of Mushroom Soup	 Ham & Pea Pie Haddock Fillet, Dill Infused Sauce Croquette Potatoes Cauliflower and Green Beans 	Forest Fruit & Chocolate TrifleFruit salad	Soup of the Day	Selection of SandwichesJacket Potatoes, Tuna,Cheese or Beans	Raspberry RouladeCheese and Biscuits
Wednesday	Parsnip & Apple Soup	 Sweet & Sour Chicken Vegetable Stroganoff Rice Broccoli and Sweetcorn	Rice Pudding,Berry CompoteFruit salad	Soup of the Day	Selection of SandwichesCorned Beef Hash	 Chantilly cream Filled Profiteroles Cheese and Biscuits
Thursday	Red Lentil & Tomato Soup	 Lamb and Root Vegetable Casserole Salmon Fillet, Hollandaise Sauce Mash Potato Courgettes and Carrots 	Raspberry Creme BruleFruit salad	Soup of the Day	 Selection of Sandwiches Mediterranean Vegetable Quiche, Potato, Carrot & Egg Salad 	TiramisuCheese and Biscuits
Friday	Vegetable Soup	 Battered Fish with Tartare Sauce Vegetarian Five Bean Chilli Chips Peas 	Apple and Autumn Berry Crumble & CustardFruit salad	Soup of the Day	Selection of SandwichesPizza & Potato Wedges	Peaches and CreamCheese and Biscuits
Saturday	Garden Pea & Mint Soup	Beef BourguignonVegetable RisottoMash potatoPanache of vegetables	 Eton Mess Fruit salad	Soup of the Day	Selection of SandwichesPork Pie & Scotch Egg,Salad	Black Forest GateauCheese and Biscuits
Sunday	Leek & Potato Soup	 Roast Pork Loin with all the trimmings Fillet of Cod with a Cheese Sauce Roast potatoes 	 Orange Marmalade Bread & Butter Pudding & Custard Fruit salad 	Soup of the Day	Selection of SandwichesCheese & Ham Toastie	 Dark Chocolate Torte Cheese and Riscuits

• Fruit salad

• Cauliflower Cheese and Parsnips

Biscuits

Great Oaks		WEEKLY MENU	LUNCH	DINNER		Week 3
Monday	Sweet Potato & Squash Soup	 Roasted Chicken Breast & Gravy Fillet of Sea bass, White Wine Sauce Roasted Baby Potatoes Broccoli and Carrots 	Chocolate chip Sponge & SauceFruit salad	Soup of the Day	Selection of SandwichesMac and Cheese	Poached Pears and CreamCheese and Biscuits
Tuesday	Carrot & Orange Soup	 Pork Shoulder, Cider & Mustard Cassoulet Vegetable Lasagne Mash Potato Cauli Flower and Green Beans 	Cabinet PuddingFruit salad	Soup of the Day	Selection of SandwichesFish Goujons with Fries	Raspberry MousseCheese and Biscuits
Wednesday	Cauliflower & Cheddar Cheese Soup	 Shepherd's Pie Haddock Fillet, Herb Cream Sauce New Potatoes Mixed Vegetables 	CheesecakeFruit salad	Soup of the Day	Selection of SandwichesBBQ Chicken Thighs with Coleslaw	Fruit TrifleCheese and Biscuits
Thursday	Leek and Potato Soup	 Smoked Sausage & Onion Gravy Pea & Mint Risotto Mash Potato Courgettes and Crushed Carrots 	Peach Crumble& CustardFruit salad	Soup of the Day	Selection of SandwichesBeef Slice with Salad	Strawberry Cheesecake RouladeCheese and Biscuits
Friday	Vegetable Soup	 Battered Fish with Tartare Sauce Spinach and Ricotta Tortellini Chips Peas 	Lemon Sponge & Creme AnglaiseFruit salad	Soup of the Day	Selection of SandwichesJacket Potatoes,Beans & Cheese	Coconut Panna CottaCheese and Biscuits
Saturday	Celeriac Soup	Cottage PieVegetable Pasta BakeParmentier PotatoesBroccoli & Cabbage	Creamed RicePuddingFruit salad	Soup of the Day	Selection of SandwichesHam, Egg & Chips	Chocolate TartCheese and Biscuits
Sunday	Wild Mushroom Soup	 Roast Turkey with all the Trimmings Fillet of Salmon, Hollandaise Roast Potatoes Cauliflower and Peas 	Spotted Dick& CustardFruit salad	Soup of the Day	 Selection of Sandwiches Smoked Haddock Fishcake & Paprika Mayo 	ProfiterolesCheese and Biscuits

Great Oaks		WEEKLY MENU	LUNCH	DINNER		Week 4
Monday	Sweet Red Pepper & Tomato Soup	 Calves' Liver with a Streaky Bacon sauce Fillet of Haddock, Leek Cream Sauce Parmentier Potatoes Green Beans Carrots 	Warm Apple Pie& CreamFresh Fruit	Soup of the Day	Selection of SandwichesChicken Bites, PotatoWedges	Raspberry Panna CottaCheese and Biscuits
Tuesday	Roasted Tomato Soup	 Chicken Supreme, Red Wine Sauce Stuffed Mushrooms with Stilton Mash Potato Panache of Vegetables 	 Chocolate Sponge, Chocolate Custard Fresh Fruit 	Soup of the Day	 Selection of Sandwiches Cheese and Onion Slice with Baked Beans 	Black Forest GateauCheese and Biscuits
Wednesday	Carrot & Ginger Soup	 Honey baked gammon; orange infused jus Baked cod fillet, cheddar cheese sauce Roast potatoes Cauliflower and Peas 	Pear and sultana crumble & custard	Soup of the Day	Selection of SandwichesChipolata sausages with fries	Fruit JellyCheese and Biscuits
Thursday	Cream of White Onion Soup	 Slow braised beef casserole Vegetable tartlet Mash potatoes Broccoli Swede and carrot 	 Bread & Butter Pudding & Custard Fruit salad 	Soup of the Day	Selection of SandwichesJacket potato with a choice of filling	Fruit Cocktail & CreamCheese and Biscuits
Friday	Broccoli Soup	 Chicken curry and rice Battered Fish Fillet with Tartare Sauce Chips Mushy Peas 	Rice pudding with Strawberry JamFruit salad	Soup of the Day	Selection of SandwichesTuna & SweetcornPasta Bake	Lemon TartCheese and Biscuits
Saturday	Roasted Parsnip Soup	 Toad in the Hole Salmon Fillet, Spinach Cream Sauce Mash Potato Peas and Carrots 	Strawberry Eton messFruit salad	Soup of the Day	Selection of SandwichesCornish pasty with baked beans	Chocolate BruleCheese and Biscuits
Sunday	Vegetable Soup	 Roast Beef with all trimmings Nut roast with a tomato coulis Cabbage & Parsnips Roast Potatoes 	Golden syrup sponge & custardFruit salad	Soup of the Day	Selection of SandwichesPork Pie, Scotch Egg &Salad	Gooseberry FoolCheese and Biscuits