

Hamble Heights

WEEKLY MENU

LUNCH

DINNER

Week 1

Monday	Soup of the Day	<ul style="list-style-type: none"> Lamb tagine and rice Pollock Provençale Mash potato Broccoli and Sweetcorn 	<ul style="list-style-type: none"> Gooseberry fool Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Jacket potato with choice of fillings 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Tuesday	Soup of the Day	<ul style="list-style-type: none"> Lemon Chicken Mediterranean vegetable lasagne New potatoes Cauliflower and Carrots 	<ul style="list-style-type: none"> Apple and summer berry crumble and custard Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Sausage rolls and baked beans 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Wednesday	Soup of the Day	<ul style="list-style-type: none"> Beef ragout Aubergine, potato, and cheese gratin Mash potato Cabbage and vegetable panache 	<ul style="list-style-type: none"> Peach clafoutis Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Cheese Ploughman's 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Thursday	Soup of the Day	<ul style="list-style-type: none"> Turkey tikka masala and rice Salmon fillet, herb cream sauce Dauphinoise potato Green beans and cauliflower 	<ul style="list-style-type: none"> Chocolate brownie Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches 4oz beef burger with fries 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Friday	Soup of the Day	<ul style="list-style-type: none"> Battered fish with tartare sauce Pork and leek sausages Chips & Peas 	<ul style="list-style-type: none"> Bread and butter pudding and custard Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Pasta carbonara 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Saturday	Soup of the Day	<ul style="list-style-type: none"> Chicken parmigiana Vegetable cottage pie Boiled potatoes Courgettes and carrots 	<ul style="list-style-type: none"> Traditional fruit trifle Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Cheese and tomato quiche with buttered new potatoes 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Sunday	Soup of the Day	<ul style="list-style-type: none"> Roast beef with all the trimmings Fillet of Seabass, lemon butter sauce Roast potatoes Swede puree and broccoli 	<ul style="list-style-type: none"> Pineapple sponge and custard Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Courgette and red onion frittata with salad 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits

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Week 2

Monday	Soup of the Day	<ul style="list-style-type: none"> Braised pork with cider and vegetables Stuffed peppers Mash potato Green beans and crushed carrots 	<ul style="list-style-type: none"> Rice pudding with summer berry compote Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Chicken goujons and wedges 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Tuesday	Soup of the Day	<ul style="list-style-type: none"> Steak and ale pie Haddock fillet, dill infused sauce Parmentier potatoes Cauliflower and peas 	<ul style="list-style-type: none"> Chocolate brûlée Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Jacket potatoes with choice of fillings 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Wednesday	Soup of the Day	<ul style="list-style-type: none"> Moroccan chicken and rice Vegetable moussaka New potatoes Broccoli and sweetcorn 	<ul style="list-style-type: none"> Sticky toffee pudding and sauce Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Tuna and cheese pasta bake 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Thursday	Soup of the Day	<ul style="list-style-type: none"> Lamb with sherry, honey and peppers Salmon fillet, tomato sauce Mash potato Courgettes and carrots 	<ul style="list-style-type: none"> Cheesecake Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Broccoli and stilton tart 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Friday	Soup of the Day	<ul style="list-style-type: none"> Battered fish with tartare sauce Vegetarian Bolognese and pasta Chips Peas 	<ul style="list-style-type: none"> Plum and blackberry crumble and custard Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Choice of pizza 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Saturday	Soup of the Day	<ul style="list-style-type: none"> Beef stroganoff Vegetarian sausages and gravy Mash potato Panache of vegetables 	<ul style="list-style-type: none"> Raspberry custard tart Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Chicken salad with a honey and mustard dressing 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Sunday	Soup of the Day	<ul style="list-style-type: none"> Roast chicken with all the trimmings Fillet of cod with a bean cassoulet Roast potatoes Red cabbage and parsnips 	<ul style="list-style-type: none"> Orange marmalade bread and butter pudding and custard Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Whitelock breaded scampi and chips 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits

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Week 3

Monday	Soup of the Day	<ul style="list-style-type: none"> Mustard pork fillet Fillet of Seabass, white wine sauce Potato gratin Broccoli and carrots 	<ul style="list-style-type: none"> Chocolate chip sponge and sauce Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Mac and cheese 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Tuesday	Soup of the Day	<ul style="list-style-type: none"> Chicken supreme, red wine gravy Vegetable stroganoff and rice Mash potato Cauli flower and green beans 	<ul style="list-style-type: none"> Vanilla panna cotta Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Fish goujons with fries 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Wednesday	Soup of the Day	<ul style="list-style-type: none"> Lamb moussaka Pollock fillet with a bercy sauce New potatoes Cabbage and sweetcorn 	<ul style="list-style-type: none"> Cheesecake Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Marinated chicken thighs with salad 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Thursday	Soup of the Day	<ul style="list-style-type: none"> Turkey a la king Vegetable risotto Lyonnaise potatoes Courgettes and crushed carrots 	<ul style="list-style-type: none"> Peach crumble and custard Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Lamb burger with potato wedges 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Friday	Soup of the Day	<ul style="list-style-type: none"> Battered fish and tartare sauce Smoky sausage casserole Chips Peas 	<ul style="list-style-type: none"> Lemon sponge and crème anglaise Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Prawn marie rose salad 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Saturday	Soup of the Day	<ul style="list-style-type: none"> Cottage pie Vegetable pasta bake Broccoli and red cabbage 	<ul style="list-style-type: none"> Chocolate mousse Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Ham, egg and chips 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Sunday	Soup of the Day	<ul style="list-style-type: none"> Roast turkey with all the trimmings Fillet of salmon, sauce vierge Roast potatoes Cauliflower and peas 	<ul style="list-style-type: none"> Spotted dick and custard Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Pork pies and scotch eggs with side salad 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits

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Week 4

Monday	Soup of the Day	<ul style="list-style-type: none"> Calves liver with a streaky bacon sauce Fillet of haddock, leek cream sauce Parmentier potatoes Green beans Carrots 	<ul style="list-style-type: none"> Creamed rice pudding with jam Fresh fruit 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Chicken bites, potato wedges and peas 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Tuesday	Soup of the Day	<ul style="list-style-type: none"> Chicken supreme, red wine sauce Mushroom and red onion ragout Mash potato Panache of vegetables 	<ul style="list-style-type: none"> Strawberry syllabub Fresh fruit 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Cheese and onion slice with salad 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Wednesday	Soup of the Day	<ul style="list-style-type: none"> Honey baked gammon, orange infused jus Baked cod fillet, cheddar cheese sauce Roast potatoes Cauliflower Courgettes 	<ul style="list-style-type: none"> Pear and sultana crumble and custard 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Chipolata sausages with fries 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Thursday	Soup of the Day	<ul style="list-style-type: none"> Slow braised beef steak Vegetable tartlet Sautee potatoes Broccoli Sweetcorn 	<ul style="list-style-type: none"> Citrus posset Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Jacket potato with a choice of filling 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Friday	Soup of the Day	<ul style="list-style-type: none"> Chicken curry and rice Golden fried breaded plaice fillet Chips Mushy Peas 	<ul style="list-style-type: none"> Warm apple pie and cream Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Beef salad with freshly baked bread roll 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Saturday	Soup of the Day	<ul style="list-style-type: none"> Seafood penne pasta Shepherd's pie Mash potato Peas Carrots 	<ul style="list-style-type: none"> Strawberry Eton mess Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Cornish pasty with baked beans 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits
Sunday	Soup of the Day	<ul style="list-style-type: none"> Roast loin of pork with all trimmings Nut roast with a tomato coulis Cabbage Parsnips Roast Potatoes 	<ul style="list-style-type: none"> Golden syrup sponge and custard Fruit salad 	Soup of the Day	<ul style="list-style-type: none"> Selection of sandwiches Salmon fishcakes with citrus mayonnaise 	<ul style="list-style-type: none"> Dessert of the day Cheese and biscuits