Weekly Menu Wk1

Monday

Breakfast
(8am to 10am)
Bacon & Fried Egg
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Chicken and Leek Pie Served with Seasonal Veg
Cheese and Onion Pie Served with Seasonal Veg
Warm Apple Crumble & Custard

Dinner
(17.30pm to 18.30pm)
Homemade Cream of Leek & Potato Soup
Fish Fingers Sandwhiches
Fresh Gateau

Tuesday

Breakfast
(8am to 10am)
Baked Beans on Toast
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Beef Casserole Served with Seasonal Veg
Winter Vegetable Stew.
Pear & Blackberry Crumble & Custard

Dinner
(17.30pm to 18.30pm)
Crumpets
Potato Wedges in Skins
Banana & Custard

Wednesday

Breakfast
(8am to 10am)
Scrambled egg on Toast
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Faggots, Mash and Seasonal Veg
Cheese & Broccoli Quiche
Sticky Toffee Pudding

Dinner
(17.30pm to 18.30pm)
Ploughman's
Devilled Eggs
Strawberry Mousse & Cream

Thursday

Breakfast
(8am to 10am)
Full English Breakfast
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Sausage, Onion & Sage Casserole
Vegetarian Sausage Casserole
Creamy Rice Pudding

Dinner
(17.30pm to 18.30pm)
Tomato Soup & Crusty Bread
Mini Sausage Rolls
Black Forest

A light meal is available each day. All meals are accompanied by a variety of hot or cold drinks.
Dietary requirements: please let us know in advance.

Enjoy your meal

Weekly Menu Wk1

Friday

Breakfast
(8am to 10am)
Scrambled egg on Toast
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Deep Fried Battered Fish, Chips and Peas
Quorn Veggie Fingers
Sponge Cakes and Custard

Dinner
(17.30pm to 18.30pm)
Beans on Toast
Cheese & Onion Quiche
Crème Caramel

Saturday

Breakfast
(8am to 10am)
Baked Beans on Toast
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Traditional Shepherd's Pie with Seasonal Veg
Vegetarian Chillii
Sultana Sponge & Custard

Dinner
(17.30pm to 18.30pm)
Hotdogs
Veggie Hotdogs
Banoffee Pie

Sunday

Breakfast
(8am to 10am)
Bacon, Tomato & Fried Egg
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Roast Pork, with all the trimmings
Jacket Potatoes with a selection of fillings
Traditional English Trifle

Dinner
(17.30pm to 18.30pm)
Cheese on Toast
Sardines on Toast
Ice Cream

Light Options

Light options available including salads, jacket potatoes with a choice of filling, toast served with eggs, beans, bacon sandwich and fresh sandwiches suffered with crisps and salad. Diabetic friendly meals will be provided.

All meals are accompanied by a
variety of hot or cold drinks.
Dietary requirements: please let us know in advance.

Enjoy your meal

Weekly Menu Wk2

Monday

Breakfast
(8am to 10am)
Bacon & Fried Egg
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Chicken Curry with Rice & Naan
Vegetable Curry with Rice or Naan
Warm Ginger Sponge & Custard

Dinner
(17.30pm to 18.30pm)
Hot Dogs and Onions
Veggie Hot Dogs
fresh fruit and cream

Tuesday

Breakfast
(8am to 10am)
Full English Breakfast
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Gammon, Egg and Chips
Fried or Poached Eggs with Chips
Queens Pudding & Cream

Dinner
(17.30pm to 18.30pm)
Teacakes
Devilled Eggs
Cheesecake

Wednesday

Breakfast
(8am to 10am)
Baked Beans on Toast
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Chicken with Roast Potatoes & Vegetables
Tomato and Onion Tart
Peach & Raspberry Fool

Dinner
(17.30pm to 18.30pm)
Homemade Soup and Fresh Bread
Potato Wedges in Skins
Arctic Roll

Thursday

Breakfast
(8am to 10am)
Bacon & Fried Egg
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Steak & Ale Pie
Cheese and Onion Quiche
Rice Pudding topped with Jam

Dinner
(17.30pm to 18.30pm)
Cheese and Tomato on Toast
Mini Sausage Rolls
Angel Delight

A light meal is available each day. All meals are accompanied by a variety of hot or cold drinks.
Dietary requirements: please let us know in advance.

Enjoy your meal

Weekly Menu Wk2

Friday

Breakfast
(8am to 10am)
Bacon & Fried Egg
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Deep Fried Battered Cod
Quorn Veggie Fingers
Syrup Sponge & Custard

Dinner
(17.30pm to 18.30pm)
Scrambled eggs and toast
Quiche Lorraine
Peaches and Cream

Saturday

Breakfast
(8am to 10am)
Bacon, Tomato & Fried Egg
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Italian Meatballs with Penne & Parmesan
Jacket Potato with Choice of Filling
Paddington Pudding & Cream

Dinner
(17.30pm to 18.30pm)
Meat Pizza
Veggie Pizza
Chocolate Mousse

Sunday

Breakfast
(8am to 10am)
Scrambled egg on Toast
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Roast Beef with Horseradish
Vegetarian Burgers with Chips & Salad
Apple Pie & Custard

Dinner
(17.30pm to 18.30pm)
Ploughmans
Sadines on Toast
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Light Options

Light options available including salads, jacket potatoes with a choice of filling, toast served with eggs, beans, bacon sandwich and fresh sandwiches suffered with crisps and salad. Diabetic friendly meals will be provided.

A light meal is available each day. All meals are accompanied by a variety of hot or cold drinks.
Dietary requirements: please let us know in advance.

Enjoy your meal

Weekly Menu Wk3

Monday

Breakfast
(8am to 10am)
Bacon & Fried Egg
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Potatoes, Bacon & Onion Hotpot
Vegetarian Hotpot
Warm Ginger Sponge with Custard

Dinner
(17.30pm to 18.30pm)
Cream of Veg Soup
Fish Fingers Sandwhiches
Melon or Cheese Cake

Tuesday

Breakfast
(8am to 10am)
Baked Beans on Toast
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Beef Stew & Dumplings
Winter Vegetable Stew with Dumplings
Lemon Sponge and Custard

Dinner
(17.30pm to 18.30pm)
Egg on Toast
Potato Wedges in Skins
Peaches and Cream

Wednesday

Breakfast
(8am to 10am)
Full English Breakfast
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Roast Pork with Roast Potatoes
Cauliflower Cheese with Roast Potatoes
Sultana Sponge with Custard

Dinner
(17.30pm to 18.30pm)
Pizza
Devilled Eggs
Strawberry Gateaux

Thursday

Breakfast
(8am to 10am)
Bacon, Tomato & Fried Egg
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Shepherd's Pie and Gravy
Vegetarian or Quorn Shepherd's Pie
Creamy Rice Pudding

Dinner
(17.30pm to 18.30pm)
Sausage Roll
Cheese and Onion Roll
Swiss Roll

A light meal is available each day. All meals are accompanied by a variety of hot or cold drinks.
Dietary requirements: please let us know in advance.

Enjoy your meal

Weekly Menu Wk3

Friday

Breakfast
(8am to 10am)
Scrambled egg on Toast
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Deep Fried Fish and Chips
Veggie Fingers
Pineapple Upside Down Cake with Cream

Dinner
(17.30pm to 18.30pm)
Cold Meat & Cheese Selection
Cheese & Onion Quiche
Fruit Cocktail and Cream

Saturday

Breakfast
(8am to 10am)
Bacon, Tomato & Fried Egg
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Chicken and Mushroom Pie
Creamy Vegetables with Puff Pastry Lid
Warm Apple Crumble & Custard

Dinner
(17.30pm to 18.30pm)
Mushroom Soup
Veggie Hot Dogs
Arctic Roll

Sunday

Breakfast
(8am to 10am)
Bacon & Fried Egg
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Roast Chicken Dinner
Jacket Potatoes with Choice of Fillings
Treacle Tart with Custard

Dinner
(17.30pm to 18.30pm)
Crumpets
Egg on Toast
Traditional Fruit Trifle

Light Options

Light options available including salads, jacket potatoes with a choice of filling, toast served with eggs, beans, bacon sandwich and fresh sandwiches suffered with crisps and salad. Diabetic friendly meals will be provided.

A light meal is available each day. All meals are accompanied by a variety of hot or cold drinks.
Dietary requirements: please let us know in advance.

Enjoy your meal

Weekly Menu Wk4

Monday

Breakfast
(8am to 10am)

Bacon & Fried Egg
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)

Chicken and Ham Pie
Cauliflower & Broccoli Cheese Bake
Apricot Pudding with Custard

Dinner
(17.30pm to 18.30pm)

Homemade Soup
Veggie Hot Dogs and Onions
Fresh Gateau

Tuesday

Breakfast
(8am to 10am)

Baked Beans on Toast
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)

Faggots
Mushroom Quiche and Salad
Apple Pie with Cream

Dinner
(17.30pm to 18.30pm)

Pizza
Potato Wedges in Skins
Fresh Melon and Cheese and Biscuits

Wednesday

Breakfast
(8am to 10am)

Sausage, Tomato & Fried Egg
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)

Gammon with Parsley Sauce
Omelette and Salad
Chocolate Sponge with Custard

Dinner
(17.30pm to 18.30pm)

Beans on Toast
Devilled Eggs
Cheesecake

Thursday

Breakfast
(8am to 10am)

Scrambled egg on Toast
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)

Traditional Cottage Pie
Creamy Mushroom Pie with Puff Pastry Lid
Cream Semolina Topped with Jam

Dinner
(17.30pm to 18.30pm)

Homemade Soup with Fresh Bread
Mini Sausage Rolls
Fruit Cocktail & Icecream

A light meal is available each day. All meals are accompanied by a variety of hot or cold drinks.
Dietary requirements: please let us know in advance.

Enjoy your meal

Weekly Menu Wk4

Friday

Breakfast
(8am to 10am)
Bacon, Tomato & Fried Egg
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Deep Fried Battered Pollock
Egg Chips and Beans
Autumn Crumble with Custard

Dinner
(17.30pm to 18.30pm)
Scrambled egg on toast
Cheese & Onion Quiche
Glazed Fruit Flan with Cream

Saturday

Breakfast
(8am to 10am)
Full English Breakfast
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Pork Casserole
Baked Potatoes with Choice of Toppings
Jam Sponge with Custard

Dinner
(17.30pm to 18.30pm)
Hotdogs with Fried Onions
Veggie Pizza
Chocolate Mousse with Whipped Cream

Sunday

Breakfast
(8am to 10am)
Bacon & Fried Egg
Selection of Cereals or Porridge
Toast with Jam or Marmalade

Lunch
(12.30pm to 13.30pm)
Roast Lamb
Vegetarian Burgers with Chips and Salad
Fruit of the Forest Trifle

Dinner
(17.30pm to 18.30pm)
Crumpets
Selection of cheese and Crackers
Peaches and Cream

Light Options

Light options available including salads, jacket potatoes with a choice of filling, toast served with eggs, beans, bacon sandwich and fresh sandwiches suffered with crisps and salad. Diabetic friendly meals will be provided.

A light meal is available each day. All meals are accompanied by a variety of hot or cold drinks.
Dietary requirements: please let us know in advance.

Enjoy your meal