

# Weekly Main Meal Menu - Week 1

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<i>Main Course</i> Steak Pie with Flaky Pastry Top <i>or</i> Chicken Breast in Tomato & Basil Sauce	<i>Main Course</i> Vegetable Gratin <i>or</i> Beef Stew & Dumplings	<i>Main Course</i> Roast Pork In Gravy <i>or</i> Cheesy Garlic Chicken Bake	<i>Main Course</i> Chicken Korma <i>or</i> Shepherds Pie	<i>Main Course</i> Battered Haddock <i>or</i> Cheese & Onion Pie	<i>Main Course</i> Sweet & Sour Chicken <i>or</i> Lamb Casserole	<i>Main Course</i> Premium Roast Beef in Gravy <i>or</i> Roast Pork In Gravy
<i>Served with</i> Colcannon Mash <i>or</i> Minted Boiled Potatoes	<i>Served with</i> West Country Cheddar Mash <i>or</i> Golden Roasting Potatoes	<i>Served with</i> Dauphinoise Potatoes <i>or</i> Boiled Potatoes	<i>Served with</i> Basmati Yellow Rice <i>or</i> Sauté Potatoes	<i>Served with</i> Oven Chips <i>or</i> Baby Potatoes	<i>Served with</i> Vegetable Rice <i>or</i> Croquette Potatoes	<i>Served with</i> Golden Roasting Potatoes <i>or</i> Mashed Potato
<i>Accompanied by</i> Cabbage & Mixed Vegetables	<i>Accompanied by</i> Carrot Tips & Cauliflower	<i>Accompanied by</i> Minted Summer Vegetables & Mashed Root Vegetables	<i>Accompanied by</i> Peas & Sweetcorn	<i>Accompanied by</i> Mushy Peas & Sliced Carrots	<i>Accompanied by</i> Peas & Mashed Swede	<i>Accompanied by</i> Red Cabbage with Apple & Port & Brussels Sprouts
<i>Dessert</i> Bakewell Tart <i>or</i> Semolina Pudding	<i>Dessert</i> Sticky Toffee Pudding <i>or</i> Clotted Cream Rice Pudding	<i>Dessert</i> Mixed Fruit Pie <i>or</i> Cooked Apricots	<i>Dessert</i> Apple Crumble <i>or</i> Coffee Dessert	<i>Dessert</i> Spotted Dick <i>or</i> Stewed Apples	<i>Dessert</i> Chocolate Chip Pudding with Salted Caramel Sauce <i>or</i> Strawberry Sundae	<i>Dessert</i> Bread & Butter Pudding <i>or</i> Bakewell Tart

# Weekly Lighter Meal Menu - Week 1

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<i>Soup Entree</i> Minestrone Soup	<i>Soup Entree</i> Leek & Potato Soup	<i>Soup Entree</i> Cream of Chicken Soup	<i>Soup Entree</i> Mushroom Soup	<i>Soup Entree</i> Tomato & Bean Soup	<i>Soup Entree</i> Carrot & Coriander Soup	<i>Soup Entree</i> Vegetable Soup
<i>Main Course</i> Chicken & Pasta with Tomato & Herbs	<i>Main Course</i> Fishcakes  <i>Served with</i> Oven Chips	<i>Main Course</i> Cheese & Tomato Omelette  <i>Served with</i> Baked Beans	<i>Main Course</i> Chilli Con Carne  <i>Served with</i> Medium Ready Baked Jacket Potatoes	<i>Main Course</i> Beef Bolognaise Sauce  <i>Served with</i> Penne Pasta	<i>Main Course</i> Baked Vegetable Pie  <i>Served with</i> Baked Potato Wedges	<i>Main Course</i> Cauliflower & Broccoli Pasta  <i>Served with</i> Vegetable Medley

# Weekly Main Meal Menu - Week 2

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<i>Main Course</i> Minced Venison Pie or Fish in Cheese Sauce	<i>Main Course</i> Cottage Pie or Thai Green Chicken Curry	<i>Main Course</i> Curried Lamb, Potato & Tomato or Pork Burgers in Rich Tomato Sauce	<i>Main Course</i> Sausage Casserole or Smoked Paprika & Tomato Chicken	<i>Main Course</i> Breaded Haddock or Beef Lasagne	<i>Main Course</i> Suet Topped Steak & Potato Pie or Chicken Tikka Masala	<i>Main Course</i> Roast Chicken Breasts in Gravy or Roast Lamb in Gravy
<i>Served with</i> Colcannon Mash or Sauté Potatoes	<i>Served with</i> Mashed Potato or Vegetable Rice	<i>Served with</i> Baby Potatoes or Potato Croquettes	<i>Served with</i> Mashed Potato or Boiled Potatoes	<i>Served with</i> Oven Chips or Mashed Potato	<i>Served with</i> West Country Cheddar Mash or White Rice	<i>Served with</i> Golden Roasting Potatoes or Mashed Potato
<i>Accompanied by</i> Broccoli & Mixed Vegetables	<i>Accompanied by</i> Cauliflower & Cut Green Beans	<i>Accompanied by</i> Broccoli & Sliced Carrots	<i>Accompanied by</i> Cabbage & Mashed Root Vegetables	<i>Accompanied by</i> Sliced Carrots & Mushy Peas	<i>Accompanied by</i> Broccoli & Red Cabbage with Apple & Port	<i>Accompanied by</i> Root Vegetable Medley & Cut Green Beans
<i>Dessert</i> Pineapple Sponge or Gluten Free Rhubarb & Ginger Sponge	<i>Dessert</i> Bakewell Tart or Semolina Pudding	<i>Dessert</i> Apple Pie or Cooked Apricots	<i>Dessert</i> Jamaican Ginger Pudding with Orange Sauce or Chef's Rice Pudding	<i>Dessert</i> Mixed Fruit Pie or Stewed Apple	<i>Dessert</i> Apricot Crumble or Semolina Pudding	<i>Dessert</i> Somerset Apple Cake or Chocolate Éclairs

# Weekly Lighter Meal Menu - Week 2

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<i>Soup Entree</i> Minestrone Soup	<i>Soup Entree</i> Cream of Chicken Soup	<i>Soup Entree</i> Mushroom Soup	<i>Soup Entree</i> Vegetable Soup	<i>Soup Entree</i> Pea & Ham Soup	<i>Soup Entree</i> Scotch Broth	<i>Soup Entree</i> Tomato Soup
<i>Main Course</i> Vegetable Quiche	<i>Main Course</i> Premium Sausage Roll	<i>Main Course</i> Quiche Lorraine	<i>Main Course</i> Macaroni Cheese	<i>Main Course</i> Chicken Goujons	<i>Main Course</i> Vegetable Gratin	<i>Main Course</i> Corned Beef Hash
<i>Served with</i> Baked Potato Wedges	<i>Served with</i> Baked Beans	<i>Served with</i> Sauté Potatoes	<i>Served with</i> Vegetable Medley	<i>Served with</i> Baked Potato Wedges	<i>Served with</i> Peas	<i>Served with</i> Mixed Vegetables

# Weekly Main Meal Menu - Week 3

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<i>Main Course</i> Baked Steak & Mushroom Pie <i>or</i> Chicken Curry	<i>Main Course</i> Baked Chicken & Vegetable Pie <i>or</i> Savoury Minced Beef	<i>Main Course</i> Beef Lasagne <i>or</i> Minced Venison Hotpot	<i>Main Course</i> Beef Casserole <i>or</i> Orange & Ginger Chicken	<i>Main Course</i> Battered Haddock <i>or</i> Vegetarian Cottage Pie	<i>Main Course</i> Ham and Leek Crumble <i>or</i> Lancashire Hotpot	<i>Main Course</i> Premium Roast Beef in Gravy <i>or</i> Sliced Roast Chicken in Gravy
<i>Served with</i> Dauphinoise Potatoes <i>or</i> Basmati Yellow Rice	<i>Served with</i> Baked Potato Wedges <i>or</i> Mashed Potato	<i>Served with</i> Colcannon Mash <i>or</i> Baked Potato Wedges	<i>Served with</i> West Country Cheddar Mash <i>or</i> Wholegrain Rice	<i>Served with</i> Oven Chips <i>or</i> Golden Roast Potatoes	<i>Served with</i> Colcannon Mash <i>or</i> Sauté Potatoes	<i>Served with</i> Golden Roasting Potatoes <i>or</i> Mashed Potato
<i>Accompanied by</i> Cut Green Beans & Sliced Carrots	<i>Accompanied by</i> Mashed Swede & Peas	<i>Accompanied by</i> Sweetcorn & Carrot Tips	<i>Accompanied by</i> Vegetable Medley & Large Broccoli	<i>Accompanied by</i> Mushy Peas & Sliced Carrots	<i>Accompanied by</i> Minted Summer Vegetables & Red Cabbage with Apple & Port	<i>Accompanied by</i> Cauliflower Cheese & Brussels Sprouts
<i>Dessert</i> Jam Sponge <i>or</i> Semolina Pudding	<i>Dessert</i> Apple Crumble <i>or</i> Hot Chocolate Brownie	<i>Dessert</i> Rhubarb Crumble <i>or</i> Strawberry Sundae	<i>Dessert</i> Sticky Toffee Pudding <i>or</i> Stewed Apple	<i>Dessert</i> Chocolate Chip Sponge <i>or</i> Chef's Rice Pudding	<i>Dessert</i> Spotted Dick <i>or</i> Chocolate Mousse	<i>Dessert</i> Apple Sponge <i>or</i> Tiramisu

## Weekly Lighter Meal Menu - Week 3

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<i>Soup Entree</i> Leek & Potato Soup	<i>Soup Entree</i> Minestrone Soup	<i>Soup Entree</i> Tomato & Bean Soup	<i>Soup Entree</i> Mushroom Soup	<i>Soup Entree</i> Cream of Chicken Soup	<i>Soup Entree</i> Scotch Broth	<i>Soup Entree</i> Carrot & Coriander Soup
<i>Main Course</i> Cheese & Tomato Omelettes	<i>Main Course</i> Tuna Pasta Bake	<i>Main Course</i> 7" Premium Sausage Roll	<i>Main Course</i> Quiche Lorraine	<i>Main Course</i> Chicken Goujons	<i>Main Course</i> Cheese & Onion Pie	<i>Main Course</i> Fish Goujons
<i>Served with</i> Oven Chips	<i>Served with</i> Vegetable Medley	<i>Served with</i> Baked Beans	<i>Served with</i> Croquette Potatoes	<i>Served with</i> Hash Browns	<i>Served with</i> Mixed Vegetables	<i>Served with</i> Sauté Potatoes



# Weekly Main Meal Menu - Week 4

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<i>Main Course</i> Fish Pie <i>or</i> Chicken Tikka Masala	<i>Main Course</i> Wiltshire Ham with Orange & Cranberries <i>or</i> Minced Steak & Potato Suet Pie	<i>Main Course</i> Cottage Pie <i>or</i> Chickpea & Apricot Tagine	<i>Main Course</i> Minced Beef Hotpot <i>or</i> Sausages in Onion Gravy	<i>Main Course</i> Breaded Cod <i>or</i> Smoked Paprika & Tomato Chicken	<i>Main Course</i> Beef Lasagne <i>or</i> Curried Lamb, Potato & Tomato	<i>Main Course</i> Roast Pork In Gravy <i>or</i> Sliced Chicken in Gravy
<i>Served with</i> Croquette Potatoes <i>or</i> Basmati Yellow Rice	<i>Served with</i> West Country Cheddar Mash <i>or</i> Golden Roast Potatoes	<i>Served with</i> Minted Boiled Potatoes <i>or</i> Dauphinoise Potatoes	<i>Served with</i> Sauté Potatoes <i>or</i> Colcannon Mash	<i>Served with</i> Oven Chips <i>or</i> West Country Cheddar Mash	<i>Served with</i> Boiled Potatoes <i>or</i> Basmati Yellow Rice	<i>Served with</i> Golden Roasting Potatoes <i>or</i> Mashed Potato
<i>Accompanied by</i> Sliced Carrots & Broccoli	<i>Accompanied by</i> Peas & Mashed Root Vegetables	<i>Accompanied by</i> Peas & Cauliflower	<i>Accompanied by</i> Sweetcorn & Broccoli	<i>Accompanied by</i> Mushy Peas & Sliced Carrots	<i>Accompanied by</i> Cut Green Beans & Mashed Swede	<i>Accompanied by</i> Minted Summer Vegetables & Cabbage
<i>Dessert</i> Chocolate Chip Sponge <i>or</i> Chef's Rice Pudding	<i>Dessert</i> Apple Pie <i>or</i> Cooked Apricots	<i>Dessert</i> Jam Sponge <i>or</i> Chocolate Mousse	<i>Dessert</i> Bakewell Tart <i>or</i> Semolina Pudding	<i>Dessert</i> Syrup Sponge <i>or</i> Summer Fruits	<i>Dessert</i> Jamaican Ginger Pudding with Orange Sauce <i>or</i> Chocolate Éclairs	<i>Dessert</i> Summer Fruit Crumble <i>or</i> Clotted Cream Rice Pudding

# Weekly Lighter Meal Menu - Week 4

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<i>Soup Entree</i> Mushroom Soup	<i>Soup Entree</i> Tomato Soup	<i>Soup Entree</i> Cream of Chicken Soup	<i>Soup Entree</i> Vegetable Soup	<i>Soup Entree</i> Pea & Ham Soup	<i>Soup Entree</i> Scotch Broth	<i>Soup Entree</i> Carrot & Coriander Soup
<i>Main Course</i> Potato Topped Chicken Pie	<i>Main Course</i> Premium Sausage Roll	<i>Main Course</i> Pork Meatballs in Tomato & Herb Sauce	<i>Main Course</i> Macaroni Cheese	<i>Main Course</i> Cheese & Onion Quiche	<i>Main Course</i> Creamy Vegetable Cheese Bake	<i>Main Course</i> Pasta Carbonara
<i>Served with</i> Sweetcorn	<i>Served with</i> Baked Beans	<i>Served with</i> Penne Pasta	<i>Served with</i> Cut Green Beans	<i>Served with</i> Baked Beans	<i>Served with</i> Sauté Potatoes	<i>Served with</i> Mixed Vegetables



