



Sample Weekly Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<h2>Breakfast</h2>						
Porridge, Cereals, Fresh Fruit	Porridge, Cereals, Fresh Fruit	Porridge, Cereals, Fresh Fruit	Porridge, Cereals, Fresh Fruit	Porridge, Cereals, Fresh Fruit	Porridge, Cereals, Fresh Fruit	Porridge, Cereals, Fresh Fruit
Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
Traditional Cooked Breakfast	Traditional Cooked Breakfast	Traditional Cooked Breakfast	Traditional Cooked Breakfast	Traditional Cooked Breakfast	Traditional Cooked Breakfast	Traditional Cooked Breakfast
<h2>Lunch</h2>						
Slow Cooked Beef & Mushroom Ragu Or Sweet & Sour Chicken Noodles ***	Cumberland Sausage, Mash & Gravy Or Creamy Cod & Prawn Fish Pie ***	Chicken Chasseur Or Pasta with Mixed Peppers & Cream Sauce ***	Toad in the Hole Or Cheese & Onion Quiche with New Potatoes ***	Fish, Chips & Peas Or Braised Lamb Faggots in Gravy ***	Cheddar Topped Cottage Pie Or Gammon Steak in Onion Sauce ***	Roast Beef Dinner Or Smoked Haddock & Cheesy Potato Bake ***
Apple Pie & Custard	Raspberry Mousse & Custard	Chocolate & Coffee Cream	Lemon Meringue	Ginger & Fruit Sponge & Custard	Banana Cream Pots	Jam Roly Poly
<h2>Dinner</h2>						
Selection of Omelette, Salad, Jacket Potato or Sandwiches with a choice of Filling Or Smoked Ham & Cheddar Panini	Selection of Omelette, Salad, Jacket Potato or Sandwiches with a choice of Filling Or Scrambled Egg on Toast	Selection of Omelette, Salad, Jacket Potato or Sandwiches with a choice of Filling Or Bacon, Sausage & Grilled Tomatoes	Selection of Omelette, Salad, Jacket Potato or Sandwiches with a choice of Filling Or Pizza	Selection of Omelette, Salad, Jacket Potato or Sandwiches with a choice of Filling Or Warm Bacon Rolls	Selection of Omelette, Salad, Jacket Potato or Sandwiches with a choice of Filling Or Warm Sausage Rolls	Selection of Omelette, Salad, Jacket Potato or Sandwiches with a choice of Filling Or Cheesy Beans on Toast