

## Breakfast

Items available: Bacon, Hash Browns, Baked Beans, Sausage, Eggs (Scrambled, Poached, Boiled or Fried) Prunes, grapefruit segments, orange or grapefruit juice

Cereals: Porridge, Ready Brek, Shreddies, Special K, Branflakes, Weetabix, Cornflakes, Rice Krispies

Toast (white or wholemeal) with butter or margarine and marmite, marmalade or jam

Tea or coffee with milk

## Mid morning/Mid Afternoon

Tea or coffee, fortified drinks and biscuit or homemade biscuit (morning) and scone or cake (afternoon)

## Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit juice (Cranberry or orange)	Fruit juice (Cranberry or orange)	Fruit juice (Cranberry or orange)	Fruit juice (Cranberry or orange)	Fruit juice (Cranberry or orange)	Fruit juice (Cranberry or orange)	Fruit juice (Cranberry or orange)
Fish and potato pie or Sausages and onion gravy	Chicken fricassee or Cheese and potato pie	Gammon and parsley sauce or Kedgerie and mild curry sauce	Beef and sausagemeat loaf or Mushroom vol au vents	Fish (battered, breaded or in sauce) or Egg, meat or fish salad	Liver, bacon and gravy or Macaroni Italienne	Chicken fillet roast, chipolata sausage, stuffing and gravy with roast potatoes Or Smoked haddock and poached egg with mashed potatoes
Mashed potatoes	Rice or mashed potatoes	Roast potatoes	New potatoes	Chipped or mashed potatoes	Mashed potatoes	
Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Gainsborough tart and custard	Mandarin sponge	Chocolate fridge cake	Steamed or baked sponge and custard	Milk pudding with jam/fruit	Peach conde	Apple pie and custard

## Evening Meal

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade soup of the day and assorted sandwich or Scrambled eggs on toast	Homemade soup of the day and assorted sandwich or Bacon, sausage and beans	Homemade soup of the day and assorted sandwich or Macaroni cheese	Homemade soup of the day and assorted sandwich or Baked crumbed salmon, tartar sauce & peas	Homemade soup of the day and assorted sandwich or Ravioli on toast	Homemade soup of the day and assorted sandwich or Tuna and sweetcorn jacket potato	Homemade soup of the day and assorted sandwich or Corned beef hash
Fruit fool or Yoghurt or Piece of fruit	Peaches ice cream and jam sauce or Yoghurt or Piece of fruit	Individual fruit trifle or Yoghurt or Piece of fruit	Angel delight or Yoghurt or Piece of fruit	Stewed apple and custard or Yoghurt or Piece of fruit	Meringue nest with soft fruit and cream or Yoghurt or Piece of fruit	Fruit jelly and ice cream (brickette) or Yoghurt or Piece of fruit

## Supper

Milk drink (Ovaltine, chocolate, Horlicks), cup a soup, semi sweet biscuit or cheese and biscuits

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Toast (white or wholemeal) with butter or margarine and marmite, marmalade or jam

Tea or coffee with milk

## Mid morning and Mid afternoon

Tea or coffee, fortified drinks and biscuit or homemade biscuit (morning) and scone or cake (afternoon)

## Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit Juice (Cranberry or orange)	Fruit Juice (Cranberry or orange)	Fruit Juice (Cranberry or orange)	Fruit Juice (Cranberry or orange)	Fruit Juice (Cranberry or orange)	Fruit Juice (Cranberry or orange)	Fruit Juice (Cranberry or orange)
Chicken casserole or Meatballs in tomato sauce	Shepherds pie or Fish mornay	Pork loin slice, stuffing, apple sauce and gravy with roast/boiled potatoes or Sweet potato and lentil curry and rice	Quiche Lorraine or Moussaka	Fish (battered, breaded or in sauce) or Egg, fish, meat salad	Braised lamb steaks or Sausages and bean casserole	Beef roast, Yorkshire pudding and gravy or Vegetable au gratin
Mashed potatoes or pasta	Mashed potatoes		New potatoes	Chipped or mashed potatoes	Boulangere potatoes	Roast potatoes
Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Carrot cake and custard	Crepe caramel	Gooseberry custard tart	Milk pudding with jam/fruit	Date slice and custard	Peaches and ice cream (brickette)	Pear sponge and chocolate custard

## Evening Meal

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade soup of the day and assorted sandwich or Homemade sausage roll and baked beans	Homemade soup of the day and assorted sandwich or Leek and bacon flan	Homemade soup of the day and assorted sandwich or Fish fingers and baked tomatoes	Homemade soup of the day and assorted sandwich or Scrambled egg on toast	Homemade soup of the day and assorted sandwich or Cauliflower and ham cheese	Homemade soup of the day and assorted sandwich or Cheese and potato pie and tomatoes	Homemade soup of the day and assorted sandwich or Scotch egg and salad
Angel delight or Yoghurt or Piece of fruit	Stewed apple and custard or Yoghurt or Piece of fruit	Meringue nest and soft fruit and cream or Yoghurt or Piece of fruit	Fruit jelly and ice cream (brickette) or Yoghurt or Piece of fruit	Crepe caramel or Yoghurt or Piece of fruit	Banana custard or Yoghurt or Piece of fruit	Artic roll and fruit or Yoghurt or Piece of fruit

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Minced beef slice or Bacon and onion suet roll	Lancashire hot pot or Cauliflower and broccoli au gratin with tomato bread	Turkey, stuffing and gravy or Corned beef and onion pie	Braised pork shoulder steaks with apple and sage or Mild chicken curry and rice	Fish (battered, breaded or in sauce) or Egg, fish or meat salad	Chicken and ham vol au vents or Sausage toad in the hole	Lamb roast with mint sauce stuffing and gravy or Cheese flan
Boiled potatoes	Mashed potatoes	Roast or mashed potatoes	New potatoes	Chipped and mashed potatoes	Boulangere potatoes	Roast or new potatoes
Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Fruit fool and ginger biscuit	Marmalade and citrus sponge tart	Apple torte	Milk pudding with jam/fruit	Lemon meringue pie	Fruit crumble and custard	Ice cream brickette and fresh fruit salad

## Evening Meal

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade soup of the day and assorted sandwich or Fish fingers and baked tomatoes	Homemade soup of the day and assorted sandwich or Ravioli on toast	Homemade soup of the day and assorted sandwich or Country bake and baked beans	Homemade soup of the day and assorted sandwich or Homemade tuna and tomato puff	Homemade soup of the day and assorted sandwich or Macaroni cheese	Homemade soup of the day and assorted sandwich or Cheese and bean jacket potato	Homemade soup of the day and assorted sandwich or Scrambled eggs on toast
Creme caramel or Yoghurt or Piece of fruit	Banana custard or Yoghurt or Piece of fruit	Arctic roll and fruit or Yoghurt or Piece of fruit	Coconut fingers and jam sauce or Yoghurt or Piece of fruit	Stewed apple and custard or Yoghurt or Piece of fruit	Meringue nest and soft fruit and cream or Yoghurt or Piece of fruit	Yoghurt fruit crunch or Yoghurt or Piece of fruit

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Cottage pie or Cauliflower Cheese	Somerset Pork or Cheese Omelette	Roast beef with Yorkshire pudding or Quiche	Stuffed chicken breast or Vegetable Lasagne	Fish Pie or Gammon Steak	Sweet & Sour chicken or Sausage & Mash	Roast Pork or Spanish Omelette
Boiled potatoes	Mashed potatoes	Roast or mashed potatoes	Boiled potatoes	Mashed potatoes	Mashed potatoes	Roast or mashed potatoes
Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Fruit sponge and custard	Rice pudding or semolina and jam	Trifle	Chocolate sponge and custard	Apple pie and custard	Fruit crumble and custard	Meringue nest, fruit and cream

## Evening Meal

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Homemade soup of the day and assorted sandwich	Homemade soup of the day and assorted sandwich	Homemade soup of the day and assorted sandwich	Homemade soup of the day and assorted sandwich	Homemade soup of the day and assorted sandwich	Homemade soup of the day and assorted sandwich	Homemade soup of the day and assorted sandwich
or Pasta bake	or Pizza and salad	or Fish cake and beans	or Ham and chips	or Sausage roll and spaghetti hoops	or Scrambled eggs on toast	or Chicken nuggets and beans
Mousse or yoghurt or Piece of fruit	Fruit fool or Yoghurt or Piece of fruit	Banana custard or Yoghurt or Piece of fruit	Blamanche or yoghurt or Piece of fruit	Semolina and fruit or Yoghurt or Piece of fruit	Milk jelly or Yoghurt or Piece of fruit	Gateaux and cream or Yoghurt or Piece of fruit

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