

# Sample Weekly Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	A selection of breakfast cereals or hot porridge oats, toasted wholemeal or white bread served with assorted jams, preserves and marmalades. Grapefruit or prunes in syrup, a selection of fresh fruit and yoghurt Tea, coffee, hot chocolate and fruit juices Monday - Saturday: hot breakfast of the day    Sunday: warm croissants with preserves						
<b>MID MORNING</b>	A selection of beverages including milkshakes and smoothies Fresh fruit and biscuits						
<b>LUNCH</b>	Hunter's chicken OR Roasted vegetable & Quorn pieces in tomato sauce  New potatoes Roasted tomato & peppers Broccoli florets *** Lemon sponge with fruit topping  Cold dessert trolley	Gammon steak with pineapple OR Brie & red onion pastry  Creamed potatoes Spring cabbage Peas  *** Warm chocolate & orange brownie with cream  Cold dessert trolley	Lamb & mint hotpot OR Sweet & sour vegetables with rice  New potatoes Sweetcorn Creamed leeks  *** Apple & pear cobbler with custard  Cold dessert trolley	Chicken & mushroom pie OR Cheese & leek penne pasta  Parsley potatoes Buttered cabbage Roasted butternut squash  *** Citrus sponge with cream  Cold dessert trolley	Poached or fried fillet of fish with lemon OR Vegetable pie with potato topping  Chips Garden peas Sweetcorn  *** Ginger cake with custard  Cold dessert trolley	Pork & apple in a white wine & cream sauce OR Quorn lasagne  Sauteed potatoes Buttered swede Green beans  *** Rhubarb & coconut crumble with custard  Cold dessert trolley	Roast chicken breast OR Broccoli & Stilton quiche  Roast potatoes Cauliflower cheese Buttered carrots  *** Mixed berries topped with egg custard  Cold dessert trolley
<b>AFTERNOON</b>	Other lunch items always available to order include: omelettes, lightly poached fish, jacket potatoes and salads. Other dessert items always available to order include: thick and creamy yoghurts, fresh fruit  A selection of beverages, served with an afternoon snack						
<b>SUPPER</b>	A selection of sandwiches Homemade soup  *** Strawberry mousse	A selection of sandwiches Homemade soup  *** Fruit trifle	A selection of sandwiches Homemade soup  *** Coconut & date flapjack	A selection of sandwiches Homemade soup  *** Orange mandarin jelly	A selection of sandwiches Homemade soup  *** Black Forest gateau	A selection of sandwiches Homemade soup  *** Raspberry fool	A selection of sandwiches Cold buffet selection  *** Iced fairy cakes
	Other supper items always available to order include: thick and creamy yoghurts, fresh fruit.						

Please let us know if you have any special dietary requirements, and we will make sure all of your meals meet them