

MENU 3

3rd August – 9th August

Date	Breakfast	Lunch	Tea	Supper
Mon 3 rd	Cereal or porridge, grapefruit or prunes or fruit juice. Yoghurts. Toast and preserves. Full English breakfast.	Chicken Stew & Dumplings or beef & tomato curry with rice. With mashed potatoes or boiled potatoes and mixed veg. Sweet Trolley.	Homemade vegetable soup. Cheese on toast Or sandwich, cheese & biscuits. Tinned fruit or yoghurt or Crème caramel or Mousse or Choc Ice or Cornetto Homemade lemon curd tarts.	
Tue 4 th	Cereal or porridge, grapefruit or prunes or fruit juice Yoghurts Toast and preserves	Pork steak with a mushroom sauce with dauphinoise potatoes, peas, green beans and roasted butternut squash or spaghetti bolognese with garlic bread. Sweet Trolley.	Homemade leek & potato soup. Homemade fishcakes. Or sandwich, cheese & biscuits. Tinned fruit or yoghurt or Crème caramel or Mousse or Choc Ice or Cornetto. Coffee and walnut cake.	
Wed 5 th	Cereal or porridge, grapefruit or prunes or fruit juice Yoghurts Toast and preserves Full English breakfast.	Roast chicken with stuffing with roast potatoes or mash, green beans, carrots & cabbage or quiche Lorraine with salad. Sweet Trolley.	Homemade Chicken & lentil soup. Pork pie with salad & piccalilli. Or Sandwich, cheese & biscuits. Tinned fruit or yoghurt or Crème caramel or Mousse or Choc Ice or Cornetto Fresh cream chocolate eclairs.	
Thu 6 th	Cereal or porridge, grapefruit or prunes or fruit juice Yoghurts Toast and preserves	Minted lamb steak with lyonnaise potatoes or mashed potatoes, broccoli, cauliflower & carrots. Or tagliatelle carbonara with garlic bread. Sweet Trolley.	Homemade French onion soup with a cheese crouton. ½ jacket potato with cheese & beans. Or a sandwich, cheese & biscuits. Tinned fruit or yoghurt or Crème caramel or Mousse or Choc Ice or Cornetto Tea Cakes.	
Fri 7 th	Cereal or porridge, grapefruit or prunes or fruit juice Yoghurts Toast and preserves Full English breakfast.	Steamed or battered fish with chips or mashed potatoes, peas or mushy peas & grilled tomatoes. Or a prawn salad with Marie rose sauce. Sweet Trolley.	Homemade pea & mint soup. Macaroni Cheese. Or a sandwich, cheese & biscuits. Tinned fruit or yoghurt or Crème caramel or Mousse or Choc Ice or Cornetto Cheese scones.	
Sat 8 th	Cereal or porridge, grapefruit or prunes or fruit juice Yoghurts Toast and preserves	Chicken curry with rice or braised liver and bacon with mashed potatoes. Sweet Trolley.	Homemade minestrone soup. Pilchards with salad. Or a sandwich or cheese and biscuits. Tinned fruit or yoghurt or Crème caramel or Mousse or Choc Ice or Cornetto Carrot Cake.	
Sun 9 th	Cereal or porridge, grapefruit or prunes or fruit juice Yoghurts Toast and preserves Boiled eggs & soldiers.	Roast pork with stuffing and apple sauce with parsnips, carrots, cauliflower cheese, roast potatoes or mashed potatoes. Sweet Trolley.	Homemade cream of tomato soup. Cheese on toast. Or a sandwich or cheese & biscuits. Tinned fruit or yoghurt or Crème caramel or Mousse or Choc Ice or Cornetto Fruit cake.	

Special Dietary Needs Can Be Catered for Under Separate Arrangements
Alternatives to this menu can be requested if required, with prior notice.

Foods containing allergens are depicted in bold. Please see the Cook if you need advice