

Typical Weekly Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A Selection of Juices (Orange, apple etc.) as well as Tea & Coffee.	A Selection of Juices (Orange, apple etc.) as well as Tea & Coffee.	A Selection of Juices (Orange, apple etc.) as well as Tea & Coffee.	A Selection of Juices (Orange, apple etc.) as well as Tea & Coffee.	A Selection of Juices (Orange, apple etc.) as well as Tea & Coffee.	A Selection of Juices (Orange, apple etc.) as well as Tea & Coffee.	A Selection of Juices (Orange, apple etc.) as well as Tea & Coffee.
A Selection of Cereals or Porridge.	A Selection of Cereals or Porridge.	A Selection of Cereals or Porridge.	A Selection of Cereals or Porridge.	A Selection of Cereals or Porridge.	A Selection of Cereals or Porridge.	A Selection of Cereals or Porridge.
White or Brown Toast served with Jam or marmalade.	White or Brown Toast served with Jam or marmalade.	White or Brown Toast served with Jam or marmalade.	White or Brown Toast served with Jam or marmalade.	White or Brown Toast served with Jam or marmalade.	White or Brown Toast served with Jam or marmalade.	White or Brown Toast served with Jam or marmalade.
Grilled Bacon, Sausages, Eggs and tomatoes.	Grilled Bacon, Sausages, Eggs and tomatoes.	Grilled Bacon, Sausages, Eggs and tomatoes.	Grilled Bacon, Sausages, Eggs and tomatoes.	Grilled Bacon, Sausages, Eggs and tomatoes.	Grilled Bacon, Sausages, Eggs and tomatoes.	Grilled Bacon, Sausages, Eggs and tomatoes.
Fresh Fruit, apples, bananas etc. are available.	Fresh Fruit, apples, bananas etc. are available.	Fresh Fruit, apples, bananas etc. are available.	Fresh Fruit, apples, bananas etc. are available.	Fresh Fruit, apples, bananas etc. are available.	Fresh Fruit, apples, bananas etc. are available.	Fresh Fruit, apples, bananas etc. are available.

Lunch

Lamb Stew with Creamed Potatoes, Swede and Broccoli	Mince Beef Cobbler Mash with Peas and Cauliflower	Boiled Bacon with New Potatoes, Carrots and Peas	Sweet and Sour Chicken with Rice and Mixed Vegetables	Fish and Chips with Peas	Steak and Kidney Pie with Creamed Potatoes, Carrots and Caulis	Roast Turkey with Roast Potatoes, Parsnips and Sprouts
Or	Or	Or	Or	Or	Or	Or
Sausages with Veg of the Day	Chilli and Rice	Spanish Omelette with Boiled Potatoes & Salad	Cold Meats with Pickle, Mashed Potatoes and Mixed Vegetables	Breaded Chicken Burger with Chips and peas	Pork Chop with Veg of the Day	Prawn Salad with Boiled Potatoes
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Pears and Chocolate Sauce	Fruit with Ice Cream or Custard	Apricots and Ice Cream	Fruit Crumble and Custard	Bread and Butter Pudding with Custard	Rice Pudding with Jam	Seasonal Fruit Meringue with Cream

Dinner

Cheese & Potato Pie with Ratatouille or Beans	Pasta Bake	Macaroni Chaees with Grilled Tomatoes	Home made Soup with a Roll	Pasta and Meatballs	Jacket Potato with Coleslaw	Soup with a Roll
Or	Or	Or	Or	Or	Or	Or
Burger in a Bun with Beans	Egg and Bacon Flan with Salad	Mixed Sandwiches	Savoury Vegetable Slice with Spaghetti	Cheese and Pickle Sandwiches	Hot Dog with Onions	Buffet Tea
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Jam Doughnut	Coffee Cake	Trifle	Victoria Sponge	Fruit and Instant Whip	Scone and Butter	Fruit Cake