

## Sample Lunch Menu

MONDAY	TUESDAY	WEDNESDAY
<p><b>Homemade Soup</b></p> <p><b>Main Meals - Hot</b></p> <ul style="list-style-type: none"> <li>▪ Yorkshire Pudding filled with Sausages with Onion Gravy</li> <li>▪ Tuna and Pesto Pasta</li> <li>▪ Lamb Hot-Pot</li> </ul> <p><b>Vegetables/Potatoes</b></p> <p>Potato Croquettes Purée of Carrot and Swede</p> <p><b>Main Meals - Cold</b></p> <ul style="list-style-type: none"> <li>▪ Home-cooked Ham</li> <li>▪ Luncheon Sausage</li> <li>▪ Tuna &amp; Spring Onion</li> <li>▪ Grated Mixed Cheese</li> </ul> <p><b>Selection from the Salad Bar</b></p> <p><b>Desserts</b></p> <ul style="list-style-type: none"> <li>▪ Black Forest Gateau with Cream</li> <li>▪ Fresh Fruit Salad</li> <li>▪ Yogurts</li> <li>▪ Fresh Fruit</li> </ul>	<p><b>Homemade Soup</b></p> <p><b>Main Meals - Hot</b></p> <ul style="list-style-type: none"> <li>▪ Roast Pork with Sage &amp; Onion Stuffing and Apple Sauce</li> <li>▪ Vegetarian Harvest Burger</li> <li>▪ Beef Olives</li> </ul> <p><b>Vegetables/Potatoes</b></p> <p>Dry-Roasted Potatoes Fresh Greens with Sesame Seeds</p> <p><b>Main Meals - Cold</b></p> <ul style="list-style-type: none"> <li>▪ Garlic Chicken Strips</li> <li>▪ Sausage Rolls</li> <li>▪ Smoked Mackerel Fillets</li> <li>▪ Cottage Cheese &amp; Smoked Salmon</li> </ul> <p><b>Selection from the Salad Bar</b></p> <p><b>Desserts</b></p> <ul style="list-style-type: none"> <li>▪ Cardamom Rice Pudding with Evaporated Milk</li> <li>▪ Melon and Mango Salad</li> <li>▪ Yogurts</li> <li>▪ Fresh Fruit</li> </ul>	<p><b>Homemade Soup</b></p> <p><b>Main Meals - Hot</b></p> <ul style="list-style-type: none"> <li>▪ Steamed Salmon Steak with an Anchovy Sauce</li> <li>▪ Chilli con Carne with Rice</li> <li>▪ Chinese Vegetable Stir-Fry</li> </ul> <p><b>Vegetables/Potatoes</b></p> <p>Steamed Parsley Potatoes Peas with Sweetcorn</p> <p><b>Main Meals - Cold</b></p> <ul style="list-style-type: none"> <li>▪ Roast Pork</li> <li>▪ Chicken Drumsticks</li> <li>▪ Sardines in Sunflower Oil</li> <li>▪ Grated Cheddar Cheese</li> </ul> <p><b>Selection from the Salad Bar</b></p> <p><b>Desserts</b></p> <ul style="list-style-type: none"> <li>▪ Peach and Pear Crumble with Custard</li> <li>▪ Fresh Pineapple Slice</li> <li>▪ Yogurts</li> <li>▪ Fresh Fruit</li> </ul>

## Sample Lunch Menu

THURSDAY	FRIDAY	SATURDAY
<p><b>Homemade Soup</b></p> <p><b>Main Meals – Hot</b></p> <ul style="list-style-type: none"> <li>▪ Lamb and Pumpkin Stew with Dumplings</li> <li>▪ Warm Broccoli and Blue Cheese Quiche</li> <li>▪ Baked Peppers in Black Bean Sauce</li> </ul> <p><b>Vegetables/Potatoes</b></p> <p>Stockpot Potatoes Steamed Carrots and Leeks Rice</p> <p><b>Main Meals – Cold</b></p> <ul style="list-style-type: none"> <li>▪ Sausagemeat Plait</li> <li>▪ Salami Sausage</li> <li>▪ Salmon Mayonnaise</li> <li>▪ Grated Cheshire Cheese</li> </ul> <p><b>Selection from the Salad Bar</b></p> <p><b>Desserts</b></p> <ul style="list-style-type: none"> <li>▪ Warm Stewed Apples with Blueberries</li> <li>▪ Choc Ices</li> <li>▪ Yogurts</li> <li>▪ Fresh Fruit</li> </ul>	<p><b>Homemade Soup</b></p> <p><b>Main Meals – Hot</b></p> <ul style="list-style-type: none"> <li>▪ Steak and Mushroom Pie</li> <li>▪ Plaice in Cheese Sauce served on a bed of Spinach</li> <li>▪ Baked Aubergines stuffed with Quorn Mince and Cheese</li> </ul> <p><b>Vegetables/Potatoes</b></p> <p>Lyonnaisse Potatoes Cauliflower and Broccoli with Tomato Sauce</p> <p><b>Main Meals – Cold</b></p> <ul style="list-style-type: none"> <li>▪ Chopped Ham &amp; Pork</li> <li>▪ Roast Beef</li> <li>▪ Ocean Crabsticks</li> <li>▪ Grated Mixed Cheese</li> </ul> <p><b>Selection from the Salad Bar</b></p> <p><b>Desserts</b></p> <ul style="list-style-type: none"> <li>▪ Warm Flapjacks with Cranberries, Apricots and Pumpkin Seeds, served with Custard</li> <li>▪ Pineapple, Orange &amp; Black Grape Cocktail</li> <li>▪ Yogurts</li> <li>▪ Fresh Fruit</li> </ul>	<p><b>Main Meals</b></p> <ul style="list-style-type: none"> <li>▪ Grilled Beefburger &amp; Relish in a Toasted Bun</li> <li>▪ Cheese and Onion Pasty</li> </ul> <p><b>Vegetables/Potatoes</b></p> <p>Half Jacket Potato Sweetcorn</p> <p><i>or</i> <b>Salad Bar Choice</b></p> <p><b>Desserts</b></p> <p>Warm Blueberry Muffins <i>or</i> Yogurts <i>or</i> Fresh Fruit</p> <hr/> <p style="text-align: center;"><b>SUNDAY</b></p> <hr/> <p><b>Sunday Brunch</b></p> <ul style="list-style-type: none"> <li>▪ Giant Brunch Bap with Sausage, Bacon, Scrambled Egg and Fried Onion Rings <i>or</i></li> <li>▪ Vegetable Grill &amp; a Fried Egg served in a Giant Bap</li> </ul> <p><i>with</i></p> <p>Sauté Potatoes Herby Tomato Slices</p> <p><i>or</i> <b>Salad Bar Choice</b></p> <p><b>Desserts</b></p> <p>Chocolate Cookies <i>or</i> Yogurts <i>or</i> Fresh Fruit</p>

## Sample Evening Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Chicken Pad Thai Noodles</b> <i>or</i> <b>Winter Vegetable Hot-Pot with Chunky Bread</b> <i>or</i> <b>Baked Sausage Roll</b> <i>or</i> <b>Cheese and Bacon on Toast</b> <i>with</i> <b>Vegetable Stir-Fry</b> <b>Braised Red Cabbage with Apple</b> ~~~ <b>Salad Bar Choice</b> ~~~ <b>Lemon and Red Jam Roly-Poly with Custard</b> <i>or</i> <b>Yogurts</b> <i>or</i> <b>Fresh Fruit</b>	<b>Smoked Haddock Kedgerree</b> <i>or</i> <b>Corn-on-the-Cob with Melted Butter</b> <i>or</i> <b>BBQ Chicken Drumsticks</b> <i>or</i> <b>Scrambled Egg on Toast</b> <i>with</i> <b>Sautéed Mushrooms</b> <b>Fresh-baked Baguettes</b> ~~~ <b>Salad Bar Choice</b> ~~~ <b>Date and Almond Spirals</b> <i>or</i> <b>Yogurts</b> <i>or</i> <b>Fresh Fruit</b>	<b>Lincolnshire Sausagemeat and Sweetcorn Plait with Sage &amp; Onion Gravy</b> <i>or</i> <b>Jacket Potato with Cottage Cheese (and Prawns)</b> <i>or</i> <b>Jumbo Fish Finger</b> <i>or</i> <b>Ravioli on Toast</b> <i>with</i> <b>Potato &amp; Parsnip Mash</b> <b>Stir-Fried Cabbage with Bacon</b> ~~~ <b>Salad Bar Choice</b> ~~~ <b>Gooligone Pie</b> <i>or</i> <b>Cheese &amp; Biscuits</b> <i>or</i> <b>Fresh Fruit</b>	<b>Mango-glazed Chicken Parcels</b> <i>or</i> <b>Ratatouille Pasta</b> <i>or</i> <b>Individual Minced Beef Pie</b> <i>or</i> <b>Creamed Mushrooms on Toast</b> <i>with</i> <b>Paprika Potato Wedges</b> <b>Green Beans</b> ~~~ <b>Salad Bar Choice</b> ~~~ <b>Carrot Cake with Cream Cheese Topping</b> <i>or</i> <b>Cheese &amp; Biscuits</b> <i>or</i> <b>Fresh Fruit</b>	<b>Homemade Salmon and Cod Fishcakes with a Dill Sauce</b> <i>or</i> <b>Cornish Pasties</b> <i>or</i> <b>Warm Cheese and Broccoli Quiche</b> <i>or</i> <b>Cheesy Tuna on Toast</b> <i>with</i> <b>Chips</b> <b>Baked Beans</b> ~~~ <b>Salad Bar Choice</b> ~~~ <b>Poached Pears with Chocolate Sauce</b> <i>or</i> <b>Yogurts</b> <i>or</i> <b>Cheese &amp; Biscuits</b>	<b>Grilled Chicken Fillet smothered with Bacon &amp; Cheese</b> <i>or</i> <b>Macaroni Cheese</b> <i>with</i> <b>Devilled Mushrooms Broccoli</b> <b>Croquette Potatoes</b> <i>or</i> <b>Salad Bar Choice</b> ~~~ <b>Pineapple Cheesecake and Cream</b> <i>or</i> <b>Cheese &amp; Biscuits</b> <i>or</i> <b>Fresh Fruit</b>
					<b>Sunday</b>
					<b>Chinese Crispy Duck with Cucumber Batons, Spring Onions, Mushrooms and Water Chestnuts served with Stir-Fried Noodles</b> <i>or</i> <b>Cheese &amp; Mushroom Pasta Bake with Garlic Bread</b> <i>or</i> <b>Salad Bar Choice</b> ~~~ <b>Baked Apple with Honey and Lemon</b> <i>or</i> <b>Cheese &amp; Biscuits</b> <i>or</i> <b>Yogurts</b>