

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH Main Course	Mild spiced mince with kidney beans, wholemeal rice & hot buttered ciabatta bread	Turkey escalope in mushroom sauce with new potatoes cabbage & green beans	Slow cooked beef & vegetable stew with dumplings, creamed potato & cauliflower	Roast Chicken, piggies in bacon, roast potatoes mashed carrot & swede with gravy	Cod poached in buttered milk, dauphinoise potato & green beans	Pork sausage with fried onions, mash, broccoli and gravy	Roast pork loin & apple sauce, roast potatoes, carrots, cauliflower & gravy
LUNCH Alternative Main Course	Cheese & mushroom omelette with salad	Poached salmon with a butter sauce new potatoes & green beans	Savoury mince, creamed potato & cauliflower	Chicken korma with rice or mash with spinach	Fish, chips and peas	Lambs liver & bacon, mash potato, broccoli and a thick gravy	Or options from the standard alternative list
LUNCH Dessert	Treacle tart & ice cream	Bread & butter pudding & custard	Mixed fruit puree & cream	Apple cobbler & cream	Fruit swirl cheesecake	Hot berry compote and cream	Apple & blackberry crumble & custard
SUPPER Starter	Mixed bean soup or fruit juice	Thick vegetable soup or fruit juice	Cream of chicken soup or Fruit Juice	Parsnip soup or Fruit Juice	Stilton & broccoli soup or Fruit Juice	French onion soup or Fruit Juice	Vegetable soup or Fruit Juice
SUPPER Main Course	Chicken & ham pasta bake with crumb topping and fried courgette	Boiled egg & toast	Fish cake with fried diced potatoes & peas	Ravioli in tomato sauce on toast	Cauliflower & bacon cheese with a crispy crumb topping & grilled tomato	Prawns with Marie Rose sauce & salad with bread & butter	Sandwich selection – tuna, cheese, egg
SUPPER Dessert	Baked apple with sultanas, maple syrup & cream	Hot banana custard	Lemon posset	Hot semolina & fruit sauce	Hot chocolate brownie & cream	Hot rhubarb & custard	Fruit & cream filled meringue nests

THERE IS A STANDARD LIST OF ALTERNATIVE LUNCH DISHES AND DESSERTS AVAILABLE DAILY IF RESIDENTS DO NOT WISH TO CHOOSE FROM THIS MENU