

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch Main	Lasagne with a green salad and garlic bread or with broccoli	Hot Roast chicken, ½ buttered jacket potato with a mixed salad.	Rosemary roast pork loin, apple sauce, roast potatoes, ratatouille & gravy	Glazed meatloaf with mashed potato, broccoli & carrots	Baked cod in parsley sauce, new potatoes, peas & grilled tomato	Chicken strips in creamy tarragon sauce, mixed potato wedges & green beans	Roast beef, Yorkshire puds, roast potatoes, sprouts & carrots with gravy
Lunch Alternative	Goats cheese & caramelised onion tart with salad	Spaghetti bolognese & parmesan cheese with spinach	Hot quiche served with a mixed salad	Cottage cheese on spinach leaves, wafer ham & diced pineapple	Fish, chips and peas	Tuna & egg salad	Or options from the standard alternative list
Dessert	Pear & amorette trifle	Rice pudding & fruit coulis	Baked custard with fruit sauce	Chocolate trifle	Fresh fruit salad & cream	Rhubarb crumble and custard	Sticky toffee pudding & toffee sauce with custard
Supper Starter	Bacon and Potato soup or Fruit Juice	Green pea cream or Fruit Juice	Country broth or Fruit Juice	Cauliflower soup or Fruit Juice	Mushroom soup or Fruit Juice	Minestrone soup or Fruit Juice	Asparagus soup or Fruit Juice
Supper Main	Smoked salmon Green salad, sliced beets with bread & butter	Gala pie served with salad & pickles	Chicken & mushroom stuffed vol-u-vent & salad	Ham hock & sage terrine with salad, soft bread roll & butter	Brie & red leicester ploughman's, pickle bread & butter	Boiled egg with bread & butter	Sandwich selection – tuna, cheese, egg
Supper desert	Soft mousse with chocolate flake	Hot stewed apple & cream	Banana & butterscotch ice-cream on mini Belgium waffle	Chocolate dessert	Banana & custard served hot	Crème caramel	Fruit & cream filled meringue nests

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