



# Autumn Menu

## Week 3

|  | <u>Monday</u>  | <u>Tuesday</u>  | <u>Wednesday</u>   | <u>Thursday</u>  | <u>Friday</u>  | <u>Saturday</u>  | <u>Sunday</u>  |
|--|--|---|--|--|--|--|--|
| <b>Breakfast</b>   | Cereal<br>Porridge<br>Fruit Juice<br>Eggs & toast<br>Tea & Coffee    | Cereal<br>Porridge<br>Fruit Juice<br>Bacon<br>Sandwich<br>Tea & Coffee          | Cereal<br>Porridge<br>Fruit Juice<br>Sausage<br>Sandwiches<br>Tea & Coffee | Cereal<br>Porridge<br>Fruit Juice<br>Eggs and Toast<br>Tea & Coffee  | Cereal<br>Porridge<br>Fruit Juice<br>Bacon<br>sandwich<br>Tea & Coffee | Cereal<br>Porridge<br>Fruit Juice<br>Full English<br>Tea & Coffee                | Cereal<br>Porridge<br>Fruit Juice<br>Full English<br>Tea & Coffee                                  |
| <b>Lunch: Soft option available, purred option if needed</b> | Spaghetti Bolognese  | Lamb Casserole  | Roast Chicken  | Beef and vegetable pie   | Ham  | Cod in cheese sauce  | Roast Pork   |
|  | OR<br><br>Fish Pie<br><br>Cream potatoes, runner beans and sweetcorn | OR<br><br>Sweet-sour Chicken<br><br>New potatoes, cabbage and cauliflower, rice | OR<br><br>Quiche Lorine<br><br>Broccoli, cabbage and roast potatoes        | OR<br><br>Liver and onions<br><br>Cream potatoes, peas & broad beans | OR<br><br>Battered fish<br><br>Mushy peas, grilled tomatoes & chips    | OR<br><br>Minced beef and onion<br><br>Runner beans, mashed swede & new potatoes | OR<br><br>Vegetable risotto<br><br>Yorkshire Pudding, roast potatoes, cauliflower, peas & stuffing |
| <b><u>Vegetarian Option always available:</u></b>            |  |   |  |  |  |  |  |
| <b>Salads</b>  |  |   |  |  |  |  |  |
| <b>Omelettes available daily with various fillings.</b>      |  |   |  |  |  |  |  |
| <b>Desert – Ice cream &amp; yoghurts available</b>           | Lemon Meringue Pie<br>Or<br>Fresh fruits                             | Ginger sponge pudding with custard<br>Or<br>Jelly                               | Strawberry flan and ice cream  | Pineapple upside down cake and custard                               | Rice pudding with jam<br>Or<br>Fruit cocktail                          | Minced meat tart and custard<br>Or<br>Ice-cream                                  | Semolina<br>Or<br>Peaches & cream  |
| <b>SUPPER</b>  | Quiche   | Pizza   | Beans on toast   | Cornish pasties  | Jacket Potato, cheese & beans  | Prawn salad  | Cheese and biscuits  |
|  | Fresh Sandwiches & Homemade soup<br><br>Stewed Fruits                | Fresh Sandwiches & Homemade soup<br><br>Peaches and cream                       | Fresh Sandwiches & Homemade soup<br><br>Toasted teacakes                   | Fresh Sandwiches & Homemade soup<br><br>Angel delight                | Fresh Sandwiches & Homemade soup<br><br>Fruit meringue                 | Fresh Sandwiches & Homemade soup<br><br>Mousse                                   | Fresh Sandwiches & Homemade soup<br><br>Gateaux  |