

<b>week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Main Meals/lunch Option 1</b>	Lamb & apricot tagine	Fisherman's Pie with Seafood	Beef & Butternut pumpkin pot	Sausage plait	Oven Baked Breaded cod	Shepherd's pie	<b>Starter</b> : Florida cocktail & sparkling wine
							<b>Roast Turkey</b> with sage & onion Herb stuffing
<b>Vegetarian option</b>	Baked potatoes with toppings Cheese & or Beans	Vegetable curry with curried potatoes	Spanish omelette with Butternut Squash and sage	Vegetarian sausages in onion gravy	Vegetable lasagne with side salad & garlic Bread	Sherpie Pie (Quorn shepherd's pie)	Homemade nut cutlets
<b>Soft Option</b>	Minced Lamb & Apricot Tagine	Fisherman's Pie	Minced Beef and Butternut pot	Sausage Patti	Steamed cod Croquet potatoes & mushy peas	Shepherd's pie	Minced turkey with all the trimmings
<b>Vegetables served with main meal</b>	Boiled/new potatoes in butter Gravy Cauliflower/peas	Croquette pots Carrots Sliced Green beans	Boiled potatoes in butter Broccoli/red cabbage	Mashed potatoes Cabbage/honey glazed carrots Gravy	French Fries Garden peas	Sauté pots Carrots/peas Savoy green cabbage Gravy	Roast pots/mashed pots carrot & Swede/cabbage
<b>sweet</b>	Chocolate & Raspberry Roulade & cream	Cherry Crumble & custard	Lemon curd syllabub with coconut wafers	Banoffee Pie & ice-cream or cream	Homemade Bread & Butter Pudding & custard	Fresh Fruit Pavlova	Apple Crumble Pie & ice-cream
<b>Soft Option</b>	As above	As above	As above (without wafer)	As above	As above	Fresh bananas & custard (mashed/pureed)	As above
<b>Afternoon tea</b>	Nutty flapjacks	Apricot tea bread	Lemon meringue cupcakes	Coffee kisses	Carrot cake cupcakes	Victoria sandwich cake	Chocolate caramel shortbread
<b>supper</b>	Tuna Pasta Bake	Corned beef flash With baked Beans	Scrambled Egg on toast	Sandwich Selection	Cauliflower cheese Bread & butter	Tomatoes on toast	Assorted Sandwich Platter with crisps & garnish
<b>Homemade Soup of the Day</b>	Cauliflower cheese	Golden Veg	Braised cabbage & Broccoli	Mediterranean vegetable	Pea & ham	Scotch Broth	Roasted Vegetable
<b>Soft Option</b>	Tuna pasta bake	Corned beef flash With baked Beans	Scrambled egg & baked Beans	Ratatouille omelette	Cauliflower cheese	Scotch broth	Homemade Vegetable soup
<b>Sweet</b>	Strawberry cheesecake & fresh cream	Chocolate orange Trifles with cream and chocolate curls	Fruit cocktail & Fresh cream	Raspberry jelly with fresh raspberries & cream	Chocolate delight with fresh cream & toppings	Peach melba with cream and strawberry sauce	Black forest gateaux With cream/ice cream
<b>Soft Option</b>	Strawberry cheesecake & fresh cream	Chocolate orange Trifles with cream	Mandarins & Custard/Cream	Raspberry jelly raspberries & cream	Chocolate delight with fresh cream & toppings	Fromage Fraise with pureed strawberries	Black forest gateaux With cream/ice cream

		and chocolate curls						
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