



Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Carrot and cucumber sticks	Pear and sultanas	Apple and dried apricots	Digestive biscuits with Soft cheese	Oranges and raisins
Lunch	Macaroni cheese with garden peas Peach slices with Soya cream	Vegetarian Chilli with Kidney beans and rice Lemon sponge and custard	Roast chicken with potatoes, carrots and cabbage Semolina	Tuna Pasta Bake with sweetcorn Jelly and evaporated milk	Chicken in spinach and mushroom sauce with croquet potatoes Fruit salad
Dairy Free	Macaroni and tomato sauce with garden peas Peach slices with Soya cream	As above	As above	As above	As above
Vegetarian	As above	As above	Lentil loaf with roast potatoes, carrots and cabbage Semolina	Vegetable pasta with sweet corn Jelly and evaporated milk	Broccoli in a spinach and mushroom sauce with croquet potatoes Fruit salad
High Tea	Chicken sausage/ Veggie Hotdogs Bananas	Jacket potatoes with soft cheese Short bread	Baked beans on toast Fresh Fruit	Crackers and cheese Celery, carrot and cucumber sticks, seafood dip. Brownies	Crumpets with spreads Fairy Cakes

Dairy free diets contain rice milk/vegetable margarine.
The above menu may be subject to change due to availability of food.
Fresh fruit is always available in all rooms everyday.



Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Pears and apricots	Ryvita and dairylea	Apple and raisins	Grapes and pitted dates	Bananas and kiwi
Lunch	Cod fillet fish fingers, chips, peas and sweetcorn	Chicken curry with basmati rice	Pasta twirls with bolognaise sauce and green salad	Cowboy casserole	Turkey meatballs in a spicy sauce with rice
Dessert	Rice pudding	Fruit yoghurt	Bananas and custard	Cheesecake	Ice cream and wafers
Dairy Free	Lunch – as above Soya Rice pudding	Lunch – as above Soya fruit yoghurt	As above	As above	As above
Vegetarian	Vegetarian sausage, chips, peas and sweetcorn Rice pudding	Vegetable curry with basmati rice Fruit yoghurt	As above	As above	Vegetable nuggets in a spicy sauce with rice Ice cream and wafers
High Tea	Soup and French bread Marble cake	Potato waffles and spaghetti hoops Oranges	Pizza Rice crispy slice	Vegetable Ravioli, garlic bread Cherry shortcake	Cheese and grated carrot and egg and cress sandwiches Fresh fruit

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Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Melon and oranges	Kiwi and banana	Bread sticks with edam cheese	Celery and cheese cubes	Apricots and raisins
Lunch	Pasta shells with peppers, courgettes in tomato sauce, salad Jam sponge and custard	Chicken and leek mushroom pie with potatoes and vegetables Pineapple pieces with cream	Vegetarian cottage pie with carrots Semolina	Tomato and basil lasagne with garlic bread Raspberry yoghurt	Cod in parsley sauce with mashed potato and garden peas Crème caramel
Dairy Free	As above	As above	As above	As above	Steamed cod with mashed potato and peas Fruit
Vegetarian	As above	Vegetable pie with potato and carrots Pineapple pieces and cream	As above	As above	Cauliflower and broccoli in parsley sauce with mashed potatoes and peas Crème caramel
High Tea	Potato wedges with barbecue dip Apples and raisins	Spaghetti hoops on toast Carrot cake	Warm muffins with a variety of spreads Flap jacks	Tuna filled vol-au-vents Tomato wedges Fruit	Finger tea: chicken sausage, carrot and celery sticks, branstons pickle and granary and white rolls, buttered Homemade shortbread

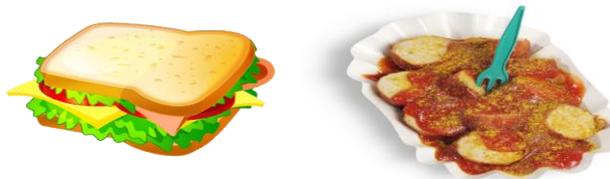
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Menu - Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Oat biscuits and dairylea	Banana and pitted dates	Kiwi and oranges	Pear and sultanas	Apple and apricots
Lunch	Vegetable and red lentil curry poppadums Fruit Yoghurt	Vegetarian sausage diced root vegetables with mashed potato and onion gravy Rice pudding	Sweet and sour chicken with savory beansprout rice Strawberry blancmanage	Vegetable burger, chips and baked beans Baked bananas and ice cream	Tuna tagliatelle with broccoli Chocolate sponge and chocolate sauce
Dairy Free	As above	As above	As above	Lunch – as above Dessert – Fruit	As above
Vegetarian	As above	As above	Sweet and sour crunchy vegetables with noodles Fruit yoghurt	As above	Quorn tagliatelle with broccoli Chocolate sponge and chocolate sauce
High Tea	A variety of sandwiches on granary and wholemeal bread rolls Bananas	Cheese on toast with tomato wedges Ginger biscuits	Potato wedges with dips Fruit shortcake	Toasted muffins with spreads Fresh fruit	Crackers with soft cheese Muffins

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Menu - Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Apples and pears	Celery and cheese sticks	Melon and kiwi	Crackers and dairylea	Grapes and banana
Lunch	Wholemeal breaded cod potato letters and mushy peas Ice cream	Vegetable pasta bake with garlic bread Eve's pudding and custard	Turkey meatballs with onion gravy mashed potatoes and savoy cabbage Fruit salad	Chicken paprika with basmati rice Golden syrup and sponge custard	Cheese and tomato pizza with mixed salad and coleslaw Jelly and fruit cocktail
Dairy Free	As above	As above	As above	As above	As above – no coleslaw
Vegetarian	Vegetable grill , potato letters and mushy peas Ice cream	As above	Vegetarian casserole Dessert – as above	Vegetable paprika Dessert – as above	As above
High Tea	Spaghetti hoops on toast Carrot cake	Jacket potato with grated cheddar cheese Fresh Fruit	Selection of bread rolls, dairylea, carrot sticks and tomato wedges with mayonnaise Chocolate chip muffins	Pitta parcels with a selection of fillings Fresh fruit	Boiled egg segments with French stick Banana bread

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Menu - Week 6

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Oranges and dates	Grapes and pears	Banana and kiwi	Ryvita and dairylea	Pear and apple
Lunch	Salmon fishcakes, chips and petite pois Pineapple pieces and cream	Roast chicken salad, new potatoes sweetcorn and mayonnaise Rice pudding	Spaghetti Bolognaise Fruit tart and custard	Vegetarian toad in the whole, Macedonia of vegetables and duchess potatoes Fruit salad	Pasta with tomato and hidden vegetable sauce Lemon sponge and custard
Dairy Free	As above	As above	As above	As above	As above
Vegetarian	Vegetable grills, chips and petite pois Dessert - as above	Egg salad and new potatoes with sweetcorn Dessert – as above	Vegetarian bolognaise Dessert – as above	As above	As above
High Tea	Hash browns and baked beans Rock buns	Crumpets with melted cheese Melon medley	Vegetarian sausage rolls, cucumber and carrot sticks Shortcake	Tuna or marmite sandwiches Chocolate brownies	Watercress soup and French bread Fresh fruit

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