



## Sample Weekly Menu

### **Monday:**

#### **Lunch**

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Broccoli & Cauliflower Soup

Bacon or Chicken with White Sauce or Gravy and Cabbage or Mixed Vegetables,  
& Potato

Apple Sponge  
Jelly & Ice Cream

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#### **Tea**

Fish Fingers or Sausage Rolls with Hash Browns & Baked Beans

or

Ham & Cheese Omelette

Option of Brown or White Bread

**Tuesday;**

**Lunch**

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Vegetable Soup

Turkey and Stuffing or Cod with Gravy or Lemon Sauce and Carrot & Parsnip or  
Sprout, & Potato

Lemon Cheesecake

Jelly & Ice Cream

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**Tea**

Choice of Sandwiches

or

Mixed Salad with Ham, Cheese & Potato Salad

Option of Brown or White Bread

**Wednesday;**

**Lunch**

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Carrot & Parsnip Soup

Corned Beef or Chicken with Parsley Sauce or Gravy and Carrots or Peas, & Potato

Sherry Trifle

Jelly & Ice Cream

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**Tea**

Sausages with Scrambled Eggs and Fried Tomato

or

Choice of Sandwiches

Option of Brown or White Bread

**Thursday;**

**Lunch**

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Vegetable Soup

Beef Casserole or Chicken with Gravy, Cauliflower and Mixed Vegetables, & Potato

Bread & Butter Pudding

Jelly & Ice Cream

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**Tea**

Baked Bolognese

or

Fish Fingers, Hash Brown and Baked Beans

Option of Brown or White Bread

**Friday;**

## **Lunch**

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Mushroom Soup

Salmon or Chicken with White Sauce or Gravy and Swede or Peas, & Potato

Profiteroles

Jelly & Ice Cream

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## **Tea**

Chicken & Mushroom Omelette

or

Potato & Fresh Green Salad

or

Chicken Goujons & Hash Browns

Option of Brown or White Bread

**Saturday;**

**Lunch**

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Vegetable Soup

Cottage Pie or Chicken with Gravy or Mushroom Sauce and Carrots or Broccoli, & Potato

Rice Pudding

Jelly & Ice Cream

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**Tea**

Choice of Sandwiches

or

Mixed Salad with Ham, Cheese & Potato Salad

Option of Brown or White Bread

**Sunday;**

**Lunch**

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Carrot Soup

Roast Lamb or Chicken with Gravy or Mint Sauce and Carrots & Parsnips or  
Sprouts, & Potato

Apple & Custard

Jelly & Ice Cream

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**Tea**

Chicken Goujons & Chips

or

Chicken Curry & Rice

Option of Brown or White Bread