

Sample weekly menu

Monday

Main meal

- Lasagne
- Haddock in sauce
- Seasonal vegetables

Dessert

- Chocolate chip sponge

Afternoon tea

- Banana loaf

Supper

- Leek and bacon soup
- Beans on toast
- Beef and tomato salad or sandwich
- Cheese and cucumber salad or sandwich

Dessert

- Fruit salad

Tuesday

Main meal

- Liver and bacon
- Chicken wrapped in chicken
- Seasonal vegetables

Dessert

- Poached rhubarb

Afternoon tea

- Cream slices

Supper

- Lentil soup
- Ham, egg and chips
- Tongue salad or sandwich
- Prawn salad or sandwich

Dessert

- Mandarins in cream

Wednesday

Main meal

- Sausages in onion gravy
- Cod in parsley sauce
- Seasonal vegetables

Dessert

- Treacle tart

Afternoon tea

- Lemon slice

Supper

- Chicken soup
- Stuffed peppers
- Corned beef salad or sandwich
- Chicken salad or sandwich

Dessert

- Fruit flan

Thursday

Main meal

- Steak pie
- Breaded chicken strips
- Seasonal vegetables

Dessert

- Jam sponge

Afternoon tea

- Shortbread

Supper

- Carrot and coriander soup
- Cheese burger
- Ham salad or sandwich
- Tuna and cucumber salad or sandwich

Dessert

- Peaches in condensed milk

Friday

Main meal

- Meat loaf
- Battered cod
- Seasonal vegetables

Dessert

- Sticky toffee pudding

Afternoon tea

- Country slice

Supper

- Tomato soup
- Spring rolls
- Turkey salad or sandwich
- Egg salad or sandwich

Dessert

- Fruit jelly

Saturday

Main meal

- Honey glazed pork
- Chinese chicken curry
- Seasonal vegetables or rice

Dessert

- Apple pie

Afternoon tea

- Chocolate orange cup cakes

Supper

- Mushroom soup
- Mushroom omelette
- Pork salad or sandwich
- Salmon salad or sandwich

Dessert

- Chocolate sundae

Sunday

Main meal

- Roast lamb
- Salmon in cream cheese sauce
- Roast potatoes and seasonal vegetables

Dessert

- Bread and butter pudding

Afternoon tea

- French fancies

Supper

- Broccoli and stilton soup
- Shepherd's pie
- Spam salad or sandwich
- Cheese and beetroot salad or sandwich

Dessert

- New York cheesecake

