

WEEK ONE MENU

	BREAKFAST	LUNCH	EVENING MEAL	SNACKS ANY TIME
MONDAY	Choice of cereals, Porridge, Prunes, Toast and Choice of preserves, Crossaints, Eggs, Fruit	Chicken and Asparagus Pie with choice of Potatoes and Vegetables OR Vegetable Bake	Cornish Pasty (Sandwiches, Tinned Soup and specific requests available daily)	Toast, Cheese and crackers, Crisps, Fruit, Homemade Cake, Yogurt
TUESDAY	Choice of cereals, Porridge, Prunes, Toast and Choice of preserves, Crossaints, Eggs, Fruit	Lancashire Hotpot with choice of potatoes and vegetables OR Scampi with Lemon and Tartare sauce with Chips and Peas	Eggs and Bacon (Sandwiches, Tinned Soup and specific requests available daily)	Toast, Cheese and crackers, Crisps, Fruit, Homemade Cake, Yogurt
WEDNESDAY	Choice of cereals, Porridge, Prunes, Toast and Choice of preserves, Crossaints, Eggs, Fruit	Roast Chicken with all the trimmings OR Spaghetti Bolognaise	Quiche and Tinned Tomatos (Sandwiches, Tinned Soup and specific requests available daily)	Toast, Cheese and crackers, Crisps, Fruit, Homemade Cake, Yogurt
THURSDAY	Choice of cereals, Porridge, Prunes, Toast and Choice of preserves, Crossaints, Eggs, Fruit	Honey Roast Gammon and Parsley Sauce with choice of potatoes and vegetables OR Broccolli and Cheese Bake	Mushrooms on Toast (Sandwiches, Tinned Soup and specific requests available daily)	Toast, Cheese and crackers, Crisps, Fruit, Homemade Cake, Yogurt
FRIDAY	Choice of cereals, Porridge, Prunes, Toast and Choice of preserves, Crossaints, Eggs, Fruit	Fish Pie with a choice of vegetables OR Egg, Bacon and Chips	Sausage Rolls (Sandwiches, Tinned Soup and specific requests available daily)	Toast, Cheese and crackers, Crisps, Fruit, Homemade Cake, Yogurt
SATURDAY	Choice of cereals, Porridge, Prunes, Toast and Choice of preserves, Crossaints, Eggs, Fruit	Cumberland Pie with choice of potaoes and vegetables OR Savory Leek and Mushroom Crumble	Homemade Soup (Sandwiches, Tinned Soup and specific requests available daily)	Toast, Cheese and crackers, Crisps, Fruit, Homemade Cake, Yogurt
SUNDAY	Choice of cereals, Porridge, Prunes, Toast and Choice of preserves, Crossaints, Eggs, Fruit or Cooked Breakfast	Roast Lamb with all the trimmings OR Jacket Potato and Salad	Homemade Soup (Sandwiches, Tinned Soup and specific requests available daily)	Toast, Cheese and crackers, Crisps, Fruit, Homemade Cake, Yogurt