

# WEEKLY MENU

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**meat dish 1:** pork stroganoff cooked in a white wine & cream sauce  
**meat dish 2:** chinese style chicken served in a pitta bread  
**vegetarian dish:** creamy mushroom stroganoff served with rice  
**vegetables:** peas & carrots  
**carbohydrates:** buttered new potatoes or chips  
**dessert:** apple crumble served with custard

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**meat dish 1:** chicken & bacon pie served with a puff pastry topping  
**meat dish 2:** seafood paella  
**vegetarian dish:** spinach & mushroom lasagne  
**vegetables:** sweetcorn & ratatouille  
**carbohydrates:** new potatoes or chips  
**dessert:** fresh fruit salad & cream

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**meat dish 1:** lamb tangine cooked with apricots, dates & tomatoes in a sweet sauce  
**meat dish 2:** braised lackham steak marinated in onions, tomatoes & red wine  
**vegetarian dish:** vegetable pasta in a tomato & basil sauce  
**vegetables:** coutgettes & broccoli  
**carbohydrates:** buttered mash potatoes or chips  
**dessert:** spotted dick served with custard

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**meat dish 1:** lemon & garlic marinated breast of chicken roasted & served with sage & onion stuffing  
**meat dish 2:** beef chilli served with taco chips & rice  
**vegetarian dish:** tomato & roasted red pepper flan  
**vegetables:** carrots & cabbage  
**carbohydrates:** roasted potatoes or chips  
**dessert:** fruit trifle topped with custard & cream

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**meat dish 1:** breaded goujons of plaice served with lemon mayonnaise  
**meat dish 2:** breaded wiltshire ham served with a fried egg & chips  
**vegetarian dish:** seasonal vegetable stir fry  
**vegetables:** mushy peas, garden peas & salad  
**carbohydrates:** chips or garlic new potatoes  
**dessert:** chocolate fudge cake served with cream

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**meat dish 1:** succulent pork steak cooked and served in a stilton & leek sauce  
**meat dish 2:** wiltshire ham & mushroom carbonara  
**vegetarian dish:** mushroom & mixed pepper pasta cooked in a tomato sauce  
**vegetables:** peas & carrots  
**carbohydrates:** marmite potatoes or chips  
**dessert:** jam sponge served with custard

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**meat dish 1:** creamy prawn & summer vegetable pasta  
**meat dish 2:** 6oz chicken breast topped with garlic, mushrooms & cheese then grilled  
**vegetarian dish:** curried vegetables served in a puff pastry case  
**vegetables:** cauliflower & courgettes  
**carbohydrates:** minted new potatoes or chips  
**dessert:** apple & cherry crumble served with cream

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**meat dish 1:** chicken & mushroom curry served with rice & naan bread  
**meat dish 2:** ciabatta pizza with a pepperoni topping  
**vegetarian dish:** cauliflower, leek & cheese bake  
**vegetables:** sweetcorn  
**carbohydrates:** garlic new potatoes or chips  
**dessert:** banoffee pie

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**meat dish 1:** roast beef served with a yorkshire pudding & horseradish sauce  
**meat dish 2:** lancashire hotpot with diced lamb served with a sliced potato topping  
**vegetarian dish:** roasted vegetable cous cous served with a rich tomato & herb sauce  
**vegetables:** carrots & broccoli  
**carbohydrates:** roasted potatoes or chips  
**dessert:** lemon mousse served with whipped cream

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**meat dish 1:** breaded scampi served with lemon mayonnaise  
**meat dish 2:** barbequed chicken breast served with roasted vegetables  
**vegetarian dish:** spicy vegetable curry served with rice & naan bread  
**vegetables:** garden peas & mixed salad  
**carbohydrates:** new potatoes or chips  
**dessert:** assortment of gateaux served with cream

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**meat dish 1:** steamed chicken breast with a mushroom & bacon sauce  
**meat dish 2:** giant yorkshire pudding filled with butchers sausages  
**vegetarian dish:** cauliflower, broccoli & stilton gratin  
**vegetables:** glazed carrots  
**carbohydrates:** buttered mashed potatoes or chips  
**dessert:** syrup sponge pudding served with custard

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**meat dish 1:** homemade baked breaded turkey escalopes  
**meat dish 2:** traditional pasta bolognaise  
**vegetarian dish:** penne pasta served in a creamy cheese & leek sauce  
**vegetables:** courgette provençale & peas  
**carbohydrates:** garlic bread, new potatoes or chips  
**dessert:** cream filled jam doughnuts

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**meat dish 1:** beef & mushroom pie served with a puff pastry topping  
**meat dish 2:** sweet & sour chicken  
**vegetarian dish:** seasonal vegetable korma with spices & coconut milk  
**vegetables:** sweetcorn & cabbage  
**carbohydrates:** rice, buttered new potatoes or chips  
**dessert:** bread & butter pudding served with custard

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**meat dish 1:** roasted leg of lamb served with a yorkshire pudding & mint sauce  
**meat dish 2:** battered chicken burger served with a salad garnish  
**vegetarian dish:** cheese & vegetable slice in a puff pastry shell  
**vegetables:** carrots & cauliflower  
**carbohydrates:** roasted potatoes or chips  
**dessert:** mixed fruit jelly & cream

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**meat dish 1:** freshly battered catch of the day served with lemon  
**meat dish 2:** pasta twists served with a chicken & bacon sauce  
**vegetarian dish:** homemade vegetable lasagne  
**vegetables:** mushy peas or garden peas or salad  
**carbohydrates:** garlic bread, new potatoes or chips  
**dessert:** assortment of gateaux & cream

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**meat dish 1:** chicken melt – chicken breast oven baked and topped with cheese then grilled  
**meat dish 2:** grilled bacon chop served with onion rings  
**vegetarian dish:** mixed pepper & red onion pizza  
**vegetables:** garden peas & mushrooms  
**carbohydrates:** buttered new potatoes or chips  
**dessert:** pineapple upside down pudding served with custard

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**meat dish 1:** butchers sausages with leeks served in a giant yorkshire pudding  
**meat dish 2:** chicken & bacon pie served with a puff pastry topping  
**vegetarian dish:** creamy garlic & mushroom bloomer  
**vegetables:** carrots & swede  
**carbohydrates:** buttered mashed potatoes or chips  
**dessert:** rich chocolate sponge & chocolate sauce with cream

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**meat dish 1:** barbeque mini ribs & drumsticks  
**meat dish 2:** beef lasagne  
**vegetarian dish:** mixed bean, celery & coriander chilli  
**vegetables:** sweetcorn & broccoli  
**carbohydrates:** garlic potatoes & chips  
**dessert:** creamy rice pudding & jam sauce

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**meat dish 1:** roast pork & stuffing served with apple sauce  
**meat dish 2:** creamy prawn pasta  
**vegetarian dish:** seasonal vegetable lasagne  
**vegetables:** carrots & cabbage  
**carbohydrates:** roasted potatoes or chips  
**dessert:** fruits of the forest mousse

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**meat dish 1:** freshly battered catch of the day  
**meat dish 2:** beef & mushroom madras served with rice & poppadoms  
**vegetarian dish:** broccoli & stilton slice  
**vegetables:** mushy peas or garden peas or salad  
**carbohydrates:** new potatoes or chips  
**dessert:** assortment of gateaux served with cream

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