

Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
	Grilled Bacon Scrambled Eggs	Pancake Maple Syrup	Sausage, Hash Brown Fried Eggs and Beans	Croissant Sliced Ham,Cheese	Plum Tomato Poached Eggs	Continental	Continental
Lunch							
Main Item	Cottage Pie	Sweet and Sour Chicken	Toad in Hole	Chicken and Chorizo Paella	Battered Fish	Mexican Pulled Pork	Thai Chicken Curry
Carbs	Mash Potatoes	Eggs Fried Rice	New Potatoes	Twice Bake Potatoes	Chips	Lime & Corriander Rice	Rice Noodle
Vegetables	Glazed Carrot, Peas	Prawn Crackers	Broccoli, Cauliflower	Carrots and Leeks	Mushy Pea	Cheese Salad	Thai Salad
Vegetarian	Quorn Cottage Pie	Sweet and Sour Vegetable	Veggie Toad in Hole	Stuffed Pepper with Spicy Rice	Leek and Cheese Gratin	Refried Beans	Pad Thai
Dessertd	Strawberry Mousse	Fruit/Yoghurts	Warm Muffins	Fruit/Yoghurts	Raspberry Cheesecake	Rhubarb Crumble	Fruit Salad
Daily Selection of Simple and Compound Salads, Housemade Breads and Fresh Soup							
Salad of Day	Couscous Salad	Pineapple and Chicken Salad	Watermelon and Feta Salad	Autumn Potatoes Salad	Curried Chicken and Mango Salad	Prawn Cocktail	Waldorf Salad
Tea							
	Homemade Cakes and Biscuit	Homemade Cakes & Biscuit	Homemade Cakes and Biscuit	Homemade Cakes & Biscuit	Homemade Cakes & Biscuit	Homemade Cakes & Biscuit	Homemade Cakes & Biscuit
Supper							
Main Item	Chicken Escalope	Lamb Kebab	Italian Meatballs	Chicken In Garlic Sauce	Omlette with topping	Chicken Burgers	Roast Pork
Carbs	Saute Potatoes	Rice	Pasta	Roast New Potatoes	New Potatoes	French Fries	Roast Potatoes
Vegetables	Baked Bean, sweetcorn	White Cabbage, Peas	Garlic Bread and Salad	Cauliflower, Broccoli	Tomato, Mushroom, Peppers, and Cheese	Coleslaw and Salad	Carrots, Broccoli
Vegetarian	Vegetable Tartlet	Vegetable and Halloumi Kebab	Arrabbita Sauce	Quorn Chicken in Garlic Sauce	Omlette with topping	Veggie Burger	Stuffed Mushroom
Dessert	Fruit/Yoghurt	Chocolate Torte	Fruit/Yoghurt	Chocolate Cornflake cake	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt