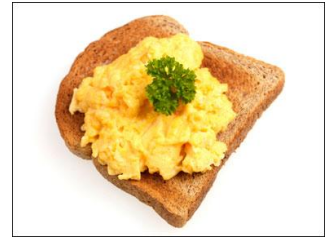


Week 1



WEEK 1	LUNCH 12.30 - 1.00 PM Served with potatoes and seasonal vegetables, unless otherwise stated.	EVENING MEAL 5.00 – 5.45PM Served with bread and butter and various spreads, options of fresh fruit, yoghurts or cheese & biscuits.
SUNDAY	Roast Beef and Yorkshire pudding Served with roast potatoes, parsnips and broccoli Or Salad Cheesecake or fruit cocktail in juice	White fish in sauce, bread & butter Or a selection of sandwiches or choice of soups Fruit cake
MONDAY	Sweet and Sour Chicken or Sausage rolls served with mashed potatoes or rice, peas and green beans Ginger sponge and custard	Scrambled egg on toast Or a selection of sandwiches or choice of soups Angel delight and pears
TUESDAY	Sausage casserole or Baked Salmon with Hollandaise Sauce Served with mashed potatoes, carrots and peas Milk Jelly	Macaroni cheese Or a selection of sandwiches or choice of soups Bananas and custard
WEDNESDAY	Chicken & vegetable pie or Beefburger served with roast potatoes, cabbage and cauliflower Jam sponge and custard	Sardines on toast Or a selection of sandwiches or choice of soups Fruit cocktail with cream
THURSDAY	Beef casserole or turkey burger Served with mashed potatoes, carrots and swede Sultana Sponge and Custard	Fish fingers and beans Or a selection of sandwiches or choice of soups Pineapple and ice cream
FRIDAY	Fish or Cornish Pasty, chips and peas Cherry Pie and cream or fruit with evaporated milk	Bacon Sandwiches Or a selection of sandwiches or choice of soups Fruit teacakes and butter
SATURDAY	Cottage pie Or Potato Bake Fruit Crumble and Ice Cream	Meatballs and spaghetti Or a selection of sandwiches or choice of soups Sponge cake

Please note where there is a second dessert option stated, this is suitable for those who have diabetes and may find it more suitable than the first option. Where there is only one option it will be suitable for everyone or available in two formats.