

Week 2



WEEK 2	LUNCH 12.30 - 1.00PM 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 Pork and apple sauce, Served with roast potatoes, broccoli and carrots or Salad Bread and butter pudding	Potato waffles and beans Or a selection of sandwiches or choice of soups Fruit cake
MONDAY	Cottage pie or individual meat pies served with boiled potatoes, peas and swede Rice Pudding	Poached egg on toast Or a selection of sandwiches or choice of soups Stewed apple and custard
TUESDAY	Steak and ale pie or breaded chicken served with roast potatoes carrots and green beans Fruit crumble and custard	White fish in sauce , bread and butter Or a selection of sandwiches or choice of soups Pineapple and ice cream
WEDNESDAY	Quiche or beefburger served with chips, carrots and broccoli Cheesecake	Macaroni cheese Or a selection of sandwiches or choice of soups Banana and custard
THURSDAY	Bacon and onion Dumpling or Pasty served with boiled potatoes, swede and cabbage Peach Melba	Sardines on Toast Or a selection of sandwiches or choice of soups Jam tarts or fresh fruit
FRIDAY	Fish or turkey burger and chips served with peas and sweetcorn Crème caramel	Meatballs and spaghetti Or a selection of sandwiches or choice of soups Fruit Cocktail with Ice Cream
SATURDAY	Chicken casserole or Sausages served with mashed potatoes, carrots and broccoli Bananas and custard	Beans on toast Or a selection of sandwiches or choice of soups Scones or fresh fruit

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.

