

Week 3



	LUNCH 12.30 - 1.00PM	EVENING MEAL 5.00 – 5.45PM
WEEK 3	Served with potatoes and seasonal vegetables, unless otherwise stated.	Served with bread and butter and various spreads, options of fresh fruit, yoghurts or cheese & biscuits.
SUNDAY	Roast Turkey Served with roast potatoes, cauliflower and broccoli or Salad Bread and Butter Pudding Or fruit and ice cream	Cheese and ham on toast Or a selection of sandwiches or choice of soups Sponge cake
MONDAY	Spaghetti Bolgonese Or Cauliflower and Broccoli bake served with mashed potato, carrots and peas Mandarin Custard	Fish fingers and tomatoes Or a selection of sandwiches or choice of soups Peaches and ice cream
TUESDAY	Baked fresh Salmon and hollandaise sauce Or Sausages served with mashed potato, peas and swede Peach and raisin crumble	Poached Egg on Toast Or a selection of sandwiches or choice of soups Fruit salad and ice cream
WEDNESDAY	Chicken and Mushroom Pie or Beefburger served with boiled potatoes, broccoli and carrots Milk Jelly	Macaroni cheese Or a selection of sandwiches or choice of soups Jam Tart and Cream
THURSDAY	Roast Pork with apple sauce or pasty served with roast potatoes, cabbage and cauliflower Fruit meringue	Hot dogs with onions Or a selection of sandwiches or choice of soups Teacakes with jam & butter
FRIDAY	Fish and Chips Or Sausage rolls Served with mixed vegetables Syrup sponge and custard Or sponge and custard	Beans on Toast Or a selection of sandwiches or choice of soups Banana and ice cream
SATURDAY	Cottage Pie served with mashed potatoes, carrots and broccoli Or Tuna Pasta Bake Fruit flan or fruit and cream/ice cream	Fish cakes, bread and butter Or a selection of sandwiches or choice of soups Fruit 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.