

Week 4



| WEEK 4 | 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 Chicken or Beefburger, roast potatoes, sprouts and cauliflower Cheesecake | Cheese and tomato on toast Or a selection of sandwiches or choice of soups Jelly |
| MONDAY | Lasagne or Fish Pie served with boiled potatoes, peas and carrots Rice pudding | Sausage rolls Or a selection of sandwiches or choice of soups Pineapple and ice cream |
| TUESDAY | Chilli con Carne with rice and mixed vegetables Or Sausages served with mashed potato and vegetables Honeyed Pears | Macaroni cheese Or a selection of sandwiches or choice of soups Swiss roll |
| WEDNESDAY | Quiche or turkey burger served with boiled potatoes, cauliflower and swede/carrots Crème caramel | Fish fingers and beans Or a selection of sandwiches or choice of soups Bananas and ice cream |
| THURSDAY | Beef Hotpot or Individual meat pies served with roast potatoes, savoy cabbage and parsnips Jam sponge and custard | Scrambled egg on toast Or a selection of sandwiches or choice of soups Angel delight |
| FRIDAY | Fish Or Toad in the Hole and Chips served with peas and carrots Sherry trifle | Spaghetti on toast Or a selection of sandwiches or choice of soups Jam tarts |
| SATURDAY | Chicken casserole or Pasty served with mashed potatoes, cabbage and sweetcorn Apple pie and Custard | Potato waffles and beans Or a selection of sandwiches or choice of soups Fruit cocktail and evaporated milk |

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.