

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot and hearty soups	Selection of home baked breads, toppings and accompaniments				
	Sweet potato and bacon	Tomato soup	Spicy vegetable soup	Cream of mushroom	Carrot, orange and coriander
Main meal	Roast vegetable lasagne and garlic bread	Chinese chicken with honey and soy sauce	Spaghetti Bolognese with parmesan cheese	Beef and vegetable stew	Cod in batter with lemon and tartar sauce
Jacket potato	A daily choice of fillings or simply with butter				
Hot snacks	Spaghetti Carbonara (ham, cream & cheese)	Sautéed mushrooms in tarragon sauce with penne pasta	Tomato risotto	Noodles in homemade sweet and sour sauce	Fusilli with Arrabiata sauce
On the side...	A daily choice of tossed fresh salad as an accompaniment				
	Broccoli florets Green beans	Rice Sweet corn	Sautéed courgette Broccoli florets	Creamy mash Honey glazed carrots	Chunky chips Minted peas
Cold deli....	Smoked pastrami and mustard baguette	Chicken, avocado and grape bagel	Chicken salad on brown baguette	Prawns thousand island On brown baguette	Roast beef and horseradish wrap
	Cheese and pickle	Roast pepper with cream cheese	Barbecue sausage	Tuna and Cucumber	Egg mayonnaise
Big bowl salad meal	Thai prawns on a bed of noodles	Roast ham and pineapple with crunchy coleslaw	Tuna and egg French salad	Caesar salad	Mix leaf with pastrami
Dessert	A selection of freshly cut fruit pots, yoghurt pots, fruit jellies, fresh fruit, homemade cakes or cookies				
	Panna cotta	Chocolate sponge with chocolate sauce	Lemon pancakes	Apple Crumble with custard	Pineapple surprise