

			FOR THE ELDERLY.				
Summer Menu 2018 - Week One							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
Chilli con Carne, Rice, Broccoli, Swede	Pork Stroganoff. New Potatoes, Carrots, Cauliflower	Hunters Chicken, Chips, Peas. Mushrooms	Roast Gammon, Herb Potatoes, Cheesy Leeks & Broccoli	Breaded Haddock, Chips, Peas, Salad	Thai Chicken, Basmati Rice, Cucumber Salad	Roast Beef, Roast Potatoes, Yorkshire Pudding, Red Cabbage, Carrots Peas	
Plum Crumble & Ice Cream	Chocolate Sponge & Mint Custard	Jam Roly Poly & Custard	Banoffee Pie	Semolina & Fruit Compote	Ginger Ice Box Cake	Apple Pie & Cream	
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	
Tomato/Celeriac Soup	Tomato/Chicken & Sweetcorn Soup	Tomato/Minestrone Soup	Tomato/Mushroom Soup	Tomato/Broccoli & Stilton Soup	Tomato/Butternut Squash Soup	Tomato/Carrot & Coriander Soup	
Carbonara Pasta with Crusty Bread & Salad	Fish Cakes with Mediterranean Vegetables	Cold Meats & Greek Salad	Brie & Caramelised Onion Tart & Fruity Coleslaw	Hot Dog & Fried Onions	Goats Cheese Salad with Roasted Cherry Tomatoes	Mixed Sandwiches & Crisps	
Yoghurts	Peaches & Cream	Fruit Cheesecake	Mandarins & Cream	Fruit Meringues	Fruit Kebabs	Crème Caramels	



Summer Menu 2018 - Week Two							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
Lasagne, Garlic Bread Peas & Salad	Fish Pie, Spinach & Sweetcorn	Ploughman's Salad with Crusty Bread	All Day Breakfast	Cod Goujons, Chips, Peas & Salad	Chicken & Chorizo Rice Broccoli & Cauliflower	Roast Lamb, Roast Potatoes, Carrots, Swede & Cabbage	
Banana Split	Gooseberry Crumble & Custard	Rice Pudding with Fruit Compote	Stewed Apple & Ice Cream	Fruit Salad	Pineapple Upside Down Sponge & Custard	Fruit Flan	
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	
Tomato/Vegetable Soup	Tomato/Thai Sweet Potato Soup	Tomato/Watercress Soup	Tomato/Parsnip Soup	Tomato/Leek & Potato Soup	Tomato/Celeriac Soup	Tomato/Minestrone Soup	
Jacket Potato with Cheese, Beans or Prawns & Coleslaw	Pizza & Coleslaw	Cauliflower Cheese with Bacon	Cheese & Ham Salad Waldorf Salad	Scotch Egg, Coleslaw & Salad	Quiche & Potato Salad	Mixed Sandwiches & Crisps	
Pear & Raspberry Coulis	Choc Ices	Strawberries & Cream	Mousse	Fruit Jelly	Fruit Fool	Mandarins & Cream	



			FOR THE ELDERLY.				
Summer Menu 2018 - Week Three							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
Salmon, Sautéed Potatoes, Cauliflower & Broccoli Cheese, and French Beans	Ham, Egg & Chips, Peas, Carrots	Moussaka with Mediterranean Vegetables & Salad	Caribbean Chicken, Rice & Peas	Breaded Haddock, Chips, Peas, Salad	Lamb Tagine, Braised Red Cabbage, Swede & Mash	Roast Chicken, Roast Potatoes, Carrots, Broccoli, Parsnips	
Ginger & Lemon Sponge with Custard	Apricot & Almond Crumble with Evaporated Milk	Spotted Dick & Custard	Apple & Blackberry Strudel & Ice Cream	Bread & Butter Pudding	Cherry Cobbler	Trifle	
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	
Tomato/Broccoli & Stilton Soup	Tomato/Carrot & Coriander Soup	Tomato/Thai Sweet Potato Soup	Tomato/Chinese Noodle Soup	Tomato/Mushroom Soup	Tomato/Parsnip Soup	Tomato/Leek & Potato Soup	
Jacket Potato with Cheese, Beans or Prawns with Coleslaw	Cheesy Vegetable Bake	Chicken Nuggets, Potato Wedges & Beans	Egg & Cheese Salad Cous Cous Salad	Pasta Bake with Crusty Bread	Smoked Mackerel Pate with Melba Toast/Sourdough With Salad	Mixed Sandwiches & Crisps	
Yoghurts	Crepe Suzette	Peaches & Cream	Eton Mess	Fruit Kebabs	Mousse	Rhubarb & Custard	



Summer Menu 2018 - Week Four							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
Turkey & Ham Pie, Mash, Runner Beans, Sweetcorn	Cornish Pasty, New Potatoes, Peas, Swede	Smoked Haddock & Leek Gratin with Swede and Broccoli	Sweet & Sour Chicken with Egg Fried Rice, Stir Fried Vegetables	Cod Goujons, Chips, Mushy Peas, Salad	Cottage Pie, Cauliflower, Cabbage, Green Beans	Roast Pork, Roast Potatoes, Cheesy Leeks, Carrots, Peas	
Rhubarb Crumble & Custard	Bakewell Tart & Custard	Fruit Salad	Ice Cream Sundae with Fruit Coulis	Apricot Sponge & Cream	Syrup Sponge & Custard	Arctic Roll & Fruit Coulis	
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	
Tomato/Watercress Soup	Tomato/French Onion Soup	Tomato/Carrot & Coriander Soup	Tomato/Pea & Ham Soup	Tomato/Vegetable Soup	Tomato/Butternut Squash Soup	Tomato/Leek & Potato Soup	
Chicken Caesar Salad	Pizza & Coleslaw	Homity Pie & Beans	Prawn or Ham Salad Rice Salad	Corned Beef Hash & Beans	Quiche & Potato Salad	Mixed Sandwiches & Crisps	
Cheesecake	Fruit Jelly	Fruit & Amaretto Cream filled Crepes	Fruit Meringues	Strawberries & Cream	Fruit Fool	Mousse	