

Week 1

Winter Spring Menu 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Breakfast	Chipolatas with Sauté Potatoes	Cheesy Scrambled Eggs on toast	Poached Eggs	Hash Browns and Tomatoes	Spaghetti on toast	Scrambled Eggs	Bacon and Eggs
	Continental Style Breakfast with a selection of Juices Apple and Orange, Yoghurt, Cereals, Toast, Spreads, Porridge, Prunes.						
Main Meal	Satay Beef	Grilled Fish with White Wine Cream Sauce	Silverside of Corned Beef with a Parsley Sauce	Lamb and Rosemary Hot Pot	Battered Fish served with Tartare Sauce and Fresh Lemon Wedge	Traditional Turkey Meatloaf	Roast Pork with Crackling, Apple Sauce and Gravy
Main Meal	Pork with Mustard Sauce	Lamb's Fry with Bacon and Gravy	Sweet and Sour Chicken	Veal Marsala	Mixed Grill with Gravy (Bacon, Sausage and Lamb Chop)	Braised Steak Chasseur	Roast Chicken with Stuffing and Gravy
Starch	Steamed Rice	Scallop Potatoes	Steamed Parsley Potato	Mashed Potatoes	Chips	Sweet Potato Mash	Roast Potatoes
Vegetables	Broccoli and Cauliflower	Buttered Turnips and Carrot Medley	Braised Cabbage and Green Beans	Parsnips and Peas	Greek Salad	Garlic Roasted Zucchini and Carrots	Roast Pumpkin with beans
Dessert	Chocolate Mousse with Whipped Cream	Bread and Butter Pudding	Vanilla Pannacotta	Steamed Sultana Pudding	Peaches and Custard	Banoffee Pie	Ambrosia (Sweet yoghurt, cream and fruit)
Dessert	Homemade Fruit Trifle	Pavlova with Fresh Fruit and Cream	Poached Fruit with Custard Cream	Mocha Blancmange	Lemon Cheesecake	Seasonal Fruit Crumble with Custard	Self Saucing Butterscotch Pudding
Soup	Cream of Leek and Potato Soup	Beef and Vegetable Soup	Sweet Potato and Chive	Cream of Pumpkin Soup	Tomato and Herb Soup	Split Pea Soup	Country Vegetable Soup
Evening Meal	Zucchini Slice with a Side Salad	Pork Chow Mein	Beef Lasagne	Bacon and Mushroom Cabonara	Shepherd's Pie	Fish Goujons with a Side Salad	Pizza Muffins with Garden Salad
Evening Meal	Chicken Strips with Side Salad and Sweet Chilli Mayonnaise	Homemade Fresh Vegetable Pasties with Tomato Chutney and Side Salad	Seafood Vol au Vents with Steamed Buttered Chats.	Ham Steaks and Pineapple with Side Salad	Salmon and Asparagus Frittata with Mixed Vegetables	Grilled Beef Sausages with Mash Potato and Gravy	Italian Meatballs with Tomato and Basil Sauce and Pasta.
Dessert	Ice Cream with topping						
Supper	Coffee, Tea, Juices, Biscuits and Supper Sandwiches						