

Goodwin House WEEK 1 Autumn Winter Menu

week1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Breakfast	Pancakes with maple syrup	Cheesy Scrambled Eggs on Toast	Poached Eggs & Mushrooms	Hash Browns & Breakfast Tomatoes	Spaghetti on Toast	Scrambled Egg	Bacon & Eggs
Breakfast	Choice of Breakfast Cereals, Porridge, Stewed Fruit, Toast, Spreads, Tea, Coffee,						
Main Meal	Massaman beef curry	Grilled Fish with Butter & Caper sauce	Silverside of Corned Beef with Parsley & Mustard Sauce	Lamb Madras with Steamed Rice	Battered Fish Tartare Sauce & Lemon	Grilled Chicken in a White Wine & Mushroom Cream Sauce	Roast Pork with Crackling, Apple sauce & gravy
Main Meal	Chicken & Vegetable pie	Lamb, Rosemary & Vegetable Hot Pot	Sweet & Sour Pork with Steamed Rice	Chicken Parmagiana	Pork and apple stew	Braised beef with mushroom	Roast stuffed turkey & Gravy
Starch	Steamed Rice	Lyanoisse potato	Steamed Parsley Potato	Mashed Potatoes	Chips	Mash with bacon and chives	Roast Potatoes
Vegetables	Broccoli & Glazed Carrots	Cauliflower & Peas	Green Beans	Cabbage & Carrots	Fresh Garden Salad	Broccoli	Roast Pumpkin & Peas
Lunch Dessert	Homemade Fruit Trifle	Lemon Cheesecake	Berries and lychee tart	Baked Cinnamon Pears and Ice Cream	Self Saucing Chocolate Pudding	Seasonal Fruit Crumble with Custard	Apple strudle & Custard
Lunch Dessert	Vanilla Pannacotta	Fresh Fruit Salad with Cream	Mango Mousse	Salted Caramel & Choc Slice	Jelly, Fruit & Custard	Crème Caramel	Poached Fruits with yoghurt
Soup	Lentil & Vegetable	Chicken & corn soup	Coconut and Pumpkin Soup	Italian minestrone soup	Tomato Soup	Vegetable Soup	Mushroom Soup
Evening Meal	Pasta Carbonara	Baked Meatloaf with Mushroom sauce	Grilled Chicken Sausages & Gravy	Roasted Vegetable Frittata	Braised Beef, Mushroom and Shallot Casserole	Homemade Shepherds Pie	Beef Ravioli with Rich Napoli Sauce and Parmesan
Evening Meal	Crumbed Calamari Tartare Sauce	Homemade Feta & Asparagus Tart	Beef Stroganoff	Homemade Sausage Roll	Homemade Leek & Ham Quiche	Pork dumplings with asian dipping sauce	Homemade Salmon Cakes with Tartar
Vegetables	Fresh Garden Salad	Seasonal Vegetables	Mash Potato & Peas	Side Salad	Broccoli & Glazed Carrots	Seasonal Vegetables	Side Salad