

MONDAY


LUNCH


1. Smoked Haddock Fillet with Cheese Sauce, Fennel, Buttered New Potatoes


2. Roast Chicken Supreme, Mushroom & Tarragon Sauce, Mashed Potato & Savoy Cabbage

3. Tomato and Basil Pasta, Salad 


Daily Vegetables

Roast Courgettes 







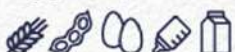
Glazed Carrots 


Steamed Cauliflower 

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1. Seasonal Fruit Pie, Vanilla Custard

 2. A Selection of Fresh Fruit
 3. Cheese and Biscuits
(MOW and Day Centre)


SUPPER

1. Cheddar Cheese Rarebit

2. Soup and Bread 
Mushroom Soup

Butternut Squash Soup

3. Sandwich of Your Choice
Smoked Salmon

Ham and Tomato

Egg Mayonnaise


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1. Poached Pears with Orange Sorbet


Jacket Potato or Omelette Available on Request



TUESDAY

LUNCH

1. Marmalade Roast Ham,
Potato Cakes and Fried Egg




2. Rabbit Casserole, Cabbage,
Roast Potato




3. Char Grilled Halloumi and
Roasted Vegetable Salad **V**



Daily Vegetables

Roast Courgettes 

Glazed Carrots 

Steamed Cauliflower 

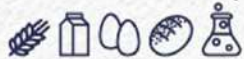
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1. Lemon Polenta Cake



2. Fresh Fruit Salad

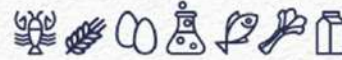
3. Cheese and Biscuits

(MOW and Day Centre)



SUPPER

1. Prawn Cocktail, Bloomer Bread



2. Soup and Bread **V**

Mushroom Soup



Butternut Squash Soup



3. Sandwich of Your Choice

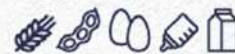
Smoked Salmon



Ham and Tomato



Egg Mayonnaise



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1. Chocolate and Orange
Mousse and Sweet Biscuit



Jacket Potato or Omelette Available on Request



Gluten



Peanuts



Tree Nuts



Celery



Mustard



Eggs



Dairy



Sesame



Fish



Crustaceans



Soya



Molluscs



Sulphites



Lupin

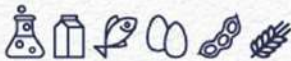
WEDNESDAY

LUNCH

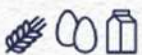
1. Roast Loin of Pork, Crackling, Boiled Potatoes, Steamed Broccoli and Cabbage, Pan Gravy, Apple Sauce




2. Fillet of Salmon, Sorrel Butter Sauce, Seasonal Greens




3. Courgette, Mint & Feta Fritters, New Potato & Salad V



Daily Vegetables

Roast Courgettes 

Glazed Carrots 

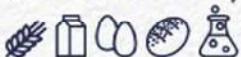
Steamed Cauliflower 

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1. Peach and Apricot Crumble and Custard



2. A Selection of Fresh Fruit

3. Cheese and Biscuits
(MOW and Day Centre)



SUPPER

1. Finger Food Plate – Sausage roll, quiche, finger sandwich and sweet biscuit



2. Soup and Bread V

Mushroom Soup



Butternut Squash Soup



3. Sandwich of Your Choice

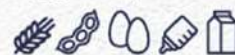
Smoked Salmon



Ham and Tomato



Egg Mayonnaise



Jacket Potato or Omelette Available on Request



Gluten

Peanuts

Tree Nuts

Celery

Mustard

Eggs

Dairy

Sesame

Fish

Crustaceans

Soya

Molluscs

Sulphites

Lupin

THURSDAY

LUNCH

1. Lamb, Tomato and Butterbean Stew




2. Chicken Caesar Salad




3. Pea and Asparagus Risotto, Salad



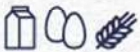
Daily Vegetables

Roast Courgettes 

Glazed Carrots 

Steamed Cauliflower 

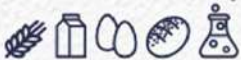
1. Warm Banana Muffin and Ice Cream



2. A Selection of Fresh Fruit

3. Cheese and Biscuits


(MOW and Day Centre)



SUPPER

1. Smoked Mackerel Pate, Granary Toast



2. Soup and Bread 

Mushroom Soup



Butternut Squash Soup



3. Sandwich of Your Choice

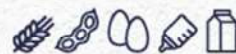
Smoked Salmon



Ham and Tomato



Egg Mayonnaise



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1. Fruit Scone with Raspberry Jam



Jacket Potato or Omelette Available on Request



Gluten



Peanuts



Tree Nuts



Celery



Mustard



Eggs



Dairy



Sesame



Fish



Crustaceans



Soya



Molluscs



Sulphites



Lupin

FRIDAY


LUNCH

1. Adnams Beer Battered Haddock, Chunky Chips, Mushy Peas, Tartar Sauce




2. Cider Braised Gammon Steak, Chunky Chips, Mushy Peas





3. Mushroom Stroganoff, Scented Rice 



Daily Vegetables

Roast Courgettes 

Glazed Carrots 

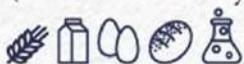
Steamed Cauliflower 

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1. Elderflower and Strawberry Panna Cotta



2. A Selection of Fresh Fruit


3. Cheese and Biscuits
(MOW and Day Centre)



SUPPER

1. Homemade Scotch Egg and Salad



2. Soup and Bread 

Mushroom Soup



Butternut Squash Soup



3. Sandwich of Your Choice

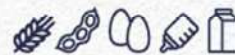
Smoked Salmon



Ham and Tomato



Egg Mayonnaise



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1. Raspberry and Vanilla Trifle



Jacket Potato or Omelette Available on Request



Gluten Peanuts Tree Nuts Celery Mustard Eggs Dairy Sesame Fish Crustaceans Soya Molluscs Sulphites Lupin

SATURDAY

LUNCH

1. Chicken and Vegetable Pie,
Mashed Potatoes, Seasonal Greens



2. Red Pepper and Goats Cheese
Quiche and New Potato **V**



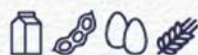
Daily Vegetables

Roast Courgettes

Glazed Carrots

Steamed Cauliflower

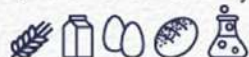
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1. Profiteroles with Chocolate Sauce



2. A Selection of Fresh Fruit

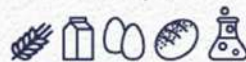
3. Cheese and Biscuits

(MOW and Day Centre)



SUPPER

1. A Selection of Fine Cheeses,
Biscuits, Pickles & Grapes



2. Soup and Bread **V**

Mushroom Soup



Butternut Squash Soup



3. Sandwich of Your Choice

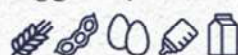
Smoked Salmon



Ham and Tomato



Egg Mayonnaise



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1. Lemon Posset



Jacket Potato or Omelette Available on Request



Gluten

Peanuts

Tree Nuts

Celery

Mustard

Eggs

Dairy

Sesame

Fish

Crustaceans

Soya

Molluscs

Sulphites

Lupin

SUNDAY

LUNCH

1. Slow Roast Shoulder of Lamb,
Roast Potato, Tenderstem Broccoli,
Pan Gravy, Mint Sauce




2. Roast Chicken, Roast Potato,
Tenderstem Broccoli, Sage and
Onion Stuffing, Pan Gravy




3. Mushroom Risotto,
Tenderstem Broccoli **V**



Daily Vegetables

Roast Courgettes 

Glazed Carrots 

Steamed Cauliflower 

SUPPER

1. Soup and Bread **V**

Mushroom Soup



Cream of Cauliflower



HIGH TEA

Smoked Salmon Sandwich

Egg Mayonnaise Sandwich

Cheese Scones

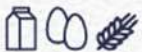
House Made Sweet Biscuit

Carrot Cake

White Chocolate Brownie



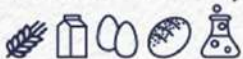
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1. Jam Roly Poly and Custard



2. A Selection of Fresh Fruit

3. Cheese and Biscuits

(MOW and Day Centre)



Jacket Potato or Omelette Available on Request



Gluten

Peanuts

Tree Nuts

Celery

Mustard

Eggs

Dairy

Sesame

Fish

Crustaceans

Soya

Molluscs

Sulphites

Lupin