



	WEEK 1 Lunch	Tea
Sat	Grilled gammon steak with fried egg. Home-made lasagne, garlic bread. Chipped potatoes, seasonal vegetables Apple crumble and custard	Vegetable and cheese puff pastry tart with salad.or beans. Assorted sandwiches Scones
Sunday	Roast beef, roast chicken, Yorkshire puddings Roast potatoes, vegetables Sherry trifle	Jelly/fruit and ice cream Assorted sandwiches Pork pie, cheese and pickle , potato salad ,mixed leaves Chefs choice of cake or desert.
Mon	Shepherd's pie, salmon supreme with prawn and chive sauce, baby new potatoes, seasonal vegetables syrup sponge and custard	Jacket potatoes with choice of three fillings. Assorted sandwiches Fruited jelly and ice-cream
Tues	Roasted stuffed chicken breasts wrapped in bacon. Pork and leek sausage with onion gravy. Roast potatoes/new potatoes and seasonal vegetables Jam roly poly and custard	Fried egg and chips Assorted sandwiches Cakes
Wed	Roast pork chop with stuffing,apple sauce and onion gravy. Smoked haddock mornay Dauphenoise potatoes and seasonal vegetables Sticky toffee pudding with ice cream/custard	Cornish pasty and beans Assorted sandwiches Cream desert or jelly Cherry scones
Thurs	Shin beef in rich onion gravy Plaice goujons with tartare sauce Seasonal vegetables Lemon and sultana sponge with custard.	Yorkshire pudding with rich onion gravy Fresh cream fruit mousse Fruited scones
Friday	Fishermans pie, scampi, chips and peas .lemon meringue fool topped with raspberries , cream/ ice-cream	Soup of the day Assorted sandwiches Chocolate cake

Fresh fruit or yogurts are available after each meal

Vegetarian options are available when requested at normal time of ordering. A choice of four sandwich fillings are available for tea, chef will inform staff at breakfast of that days selection.