



WEEK 4 - MONDAY

BREAKFAST

Continental Breakfast

Choice of fresh cut fruit, juice, cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day	Mixed	
Salad of the day	Chicken Caesar (Bacon, Parmesan, Egg)	
MAIN MEAL	Moroccan Chicken Casserole (Mildly Spiced)	Suitable for Soft
ALTERNATIVE MEAL	Basil and Mustard Beef	Suitable for Soft
Puree	Chicken	
Starch	Potato Mash	
Vegetables	Carrot/Peas	

DESSERT

Dessert	Panna Cotta and Apricot Compote
Low Fat/Low Sugar	Panna Cotta and Apricot Compote
Puree	Panna Cotta

DINNER

Soup of the day	Pea and Ham
EVENING MAIN MEAL	Tomato and Cheese Omelette with Potato
Puree	Beef





Menu

WEEK 4 - TUESDAY

BREAKFAST

Order hot breakfast for next day

Continental Breakfast

Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day	Turkey and Cranberry
Salad of the day	Champagne Ham and Coleslaw
Wrap Option	Champagne Ham and Coleslaw
MAIN MEAL	Atlantic Cod with Basil Olive Crumble Top Seafood Allergies
Main Soft Option	Steamed Fish
ALTERNATIVE MEAL	Caramelised Onion Tart(Omelette soft option)
Puree	Fish
Starch	Rice
Vegetables	Stir Fry Vegetables

DESSERT

Dessert	Chocolate Jaffa Mousse
Low Fat/Low Sugar	Chocolate Jaffa Mousse
Puree	Chocolate Jaffa Mousse

DINNER

Soup of the day	Cream of Cauliflower
EVENING MAIN MEAL	Corned Beef Patties with Salad
Evening Soft Option	Corned Beef Patties with Mash
Puree	Sausages





WEEK 4 - WEDNESDAY

HOT BREAKFAST

Warm Croissants

Continental Breakfast

Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day

Ham, Cheese and Tomato

Salad of the day

Corned Meat and Pickles

MAIN MEAL

Massaman Rub Roast Lamb(Mild Spiced)

Suitable for Soft

ALTERNATIVE MEAL

Cheese and Sage Stuffed Chicken Thigh

Suitable for Soft

Puree

Lamb

Starch

Potato Rosti

Vegetables

Cauliflower and Pumpkin

DESSERT

Dessert

Chancellor Pudding(mixed fruit sponge)

Low Fat/Low Sugar

Fruit Salad

Puree

Tropical Fruit Puree and Custard

DINNER

Soup of the Day

Hearty Vegetable

EVENING MAIN MEAL

Ham and Vegetable Pasta Bake

Suitable for Soft

Puree

Chicken







WEEK 4 - THURSDAY

BREAKFAST

Continental Breakfast
Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day	Roast Chicken Lettuce and Mayonnaise	
Wrap Option	Roast Chicken Lettuce and Mayonnaise	
Salad of the day	Avocado and Feta Cheese	
MAIN MEAL	Pork and Apple Meatloaf	Suitable for Soft Food Allergies
ALTERNATIVE MEAL	Cheese and Mushroom Crepes	
Puree	Pork	
Starch	Potato Gratin	
Vegetables	Carrots and Beans	

DESSERT

Dessert	Roasted Rhubarb Apple with Honey Custard
Low Fat/Low Sugar	Apple Honey Custard
Puree	Apple Puree and Honey Custard

DINNER

Soup of the day	French Onion
EVENING MAIN MEAL	Vegetable Slice and Side Salad
Evening Soft Option	Vegetable Slice with Soft Vegetables
Puree	Pork



WEEK 4 - FRIDAY

BREAKFAST

Continental Breakfast

Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day	Ham and Seeded Mustard	
Salad of the day	Turkey and Cranberry	
MAIN MEAL	Crumbed Fish with Lemon Tartare Sauce	Seafood Allergies
Main Soft Option	Steamed Fish with Soft Vegetables	
ALTERNATIVE MEAL	Southern Fried Chicken Tenders	
Alternative Soft	Chicken Tenders with Gravy	
Puree	Fish	
Starch	Chips	
Vegetables	Summer Style Mixed Salad	

DESSERT

Dessert	Ice-cream with Topping and Wafers
Low Fat/Low Sugar	Diet Ice-cream
Puree	Frozen Vanilla Mousse

DINNER

Soup of the day	Tomato and Lentils
EVENING MAIN MEAL	Beef Rissoles Rustic Potatoes and Gravy
Evening Soft Option	Beef Rissoles Mash and Gravy
Puree	Chicken





Menu

WEEK 4 - SATURDAY

BREAKFAST

Continental Breakfast
Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day	Egg and Lettuce	
Salad of the day	Roast Beef and Chutney	
MAIN MEAL	Beef and Beer Casserole	Suitable for Soft
ALTERNATIVE MEAL	Lancashire Hot Pot (Lamb Casserole)	
Puree	Lamb	
Starch	Creamy Mashed Potato	
Vegetables	Pumpkin and Broccoli	

DESSERT

Dessert	Berry Cheesecake
Low Fat/Low Sugar	Berries and Greek Yoghurt
Puree	Baseless Berry Cheesecake

DINNER

Soup of the day	Summer Vegetable
EVENING MAIN MEAL	Ham and Cheese Toasties
Evening Soft Option	Ham Omelette
Puree	Pork



WEEK 4 - SUNDAY

HOT BREAKFAST

Bacon and Eggs

Choice of fresh cut fruit, juice, cereals, porridge, prunes toast, jams

LUNCH

Sandwich of the Day Salmon and Spring Onion
Salad of the Day Shaved Ham and Swiss Cheese

MAIN MEAL Roast Chicken and Gravy **Suitable for Soft**
Puree Chicken

Starch Roasted Potato
Vegetables Honey Carrots and Peas

DESSERT

Dessert Fruit Salad with Cream
Low Fat/Low Sugar Fruit Salad with Yoghurt
Puree Tropical Puree and Cream

DINNER

Soup of the day Leek and Potato

EVENING MAIN MEAL Flathead Fillets and Chips

Evening Soft Option Steamed Fish with Soft Vegetables **Seafood Allergies**
Puree Fish