

Week 3 Menu, for Weeks Beginning 03/05/10, 31/05/10, 28/06/10

breakfast items available every day									
Cereals, Muesli, Yoghurt	Prunes / Grapefruit	Toast / preserves	Baked beans or boiled egg	Tea / coffee / fruit juice	Full cooked breakfast at weekends				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Lunch Menu									
Main	Baked chicken thigh	Grilled pork chop apple sauce	Roast topside of beef	Cranberry glazed lamb cutlet	Grilled gammon & pineapple	Chefs choice	Chefs choice		
Vegetarian	Mushroom lasagne	Caramelised onion & goats cheesetart	Cheese & tomato brushetta	Cheese & tomato toastie	Chickpea burger with cheese in a bun	As for Friday supper	As for Saturday		
Fish	Tandori salmon steak		Tuna steak		Fried cod in batter	"	"		
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	"	"		
Vegetables 1	Sweetcorn	Grilled tomatoes	Fresh cabbage	Macedoine ov vegetables		"	"		
Vegetables 2	Broccoli	French beans	Baby carrots	Cauliflower	Chipped potatoes	"	"		
Potatoes / rice / pasta	Savoury rice	½ jacket potato	Roast potatoe	New potatoes	Garden peas	"	"		
Dessert	Apple crumble & custard	Fresh fruit salad	Honeyed milk jelly	Chocolate sponge & chocolate sauce	Artic roll	"	"		
Afternoon Menu									
Options	Tea / coffee	Milkshakes	Fruit juice	Biscuits	Chefs choice	"	"		
Supper Menu *									
					"	"	As for Friday supper time		
Sandwiches	Choice of fillings	Choice of fillings	Choice of fillings	Choice of fillings	"	"	Chef's choice	"	
Main	Pork & apple burger in a bun	Various pizza's	Italian meat balls	Chicken curry	Chef choice	"	Various cold meats		
Vegetarian	Vegetable samosa	Vegetable burger in a bun	Pasta sorrentina	Falafel	"	"	Various vegetarian choices		
Vegetables	Sautéed onions	sweetcorn	pasta	Savoury rice	Chef's choice	"			
Salad	Lemon cake	Selection of yogurts	Fresh fruit	Selection of yogurts	Chef's choice	Salad bar	Salad bar		
Dessert					Chef's choice				
Available with every meal									
Options	Brown bread			White bread			Fresh fruit		

N.B. These menus are subject to change