



LUNCH

Monday September 26th

Pasta Napolitano– With a garlic, tomato,
white wine and onion sauce (v)

Assorted Salads
Green beans and courgettes

Fresh fruit salad
Fruits and yoghurts



SUPPER

Monday September 26th

Grilled Pork steaks-marinated with
red wine and herbs
Stuffed mushrooms (V)

New potatoes
Peas
Cauliflower cheese
Assorted salads

Sticky toffee pudding
Fresh fruit and yoghurts



LUNCH

Tuesday September 27th

Peppered smoked mackerel- with a lime
and horse radish mayonnaise
Baked Stuffed Mushroom (V)

Hot buttered new potatoes
Assorted salads

Chocolate cheese cake
Fruit & yoghurts



SUPPER

Tuesday September 27th

Breast of chicken served in a cream and
tarragon sauce
Leek and pine-nut risotto (v)

Roast potatoes
Baton carrots
Broccoli with sesame seeds
Assorted salads

Marmalade and whiskey bread and butter
pudding
Fruit and yoghurts



LUNCH

Wednesday September 28th

"Jacket potatoes"

Served with bacon
and mushroom filling.

Cheese and Jalapeño filling.
Grated cheese and coleslaw.

Assorted salads

Sweet corn with fried red peppers

Lemon mousse
Fruit and yoghurts



SUPPER

Wednesday September 28th

Lamb Tagine -with grilled
almonds and apricots
Vegetable Tagine (V)

Cabbage with garlic butter
Baked Tomatoes with a basil crust
Coriander couscous
Assorted salads

Peach and blueberry pie– with fresh cream
Fruit & Yoghurts



LUNCH

Thursday September 29th

Chilli con carne
Vegetable and lentil ragout (V)

Assorted salads
Wedge potatoes
Braised rice
Peas

Apple and caramel crumble– custard
Fruit & Yoghurts



SUPPER

Thursday September 29th

Gammon steaks– served with a brown on-
ion and juniper berry sauce
Potato, courgette and cumin rostis (v)

Ana potatoes
Spiced red cabbage
Baton carrots
Assorted salads

Crème caramel
Fruit and yoghurts



LUNCH

Friday September 30th

Roasted chicken pieces with sumac and
thyme-served with bulgur wheat, harissa
spices and pine nuts
Pepper and pine nut bulgur wheat pilaf (v)

Chick pea provincial (v)
Assorted salads
Roasted Courgettes and peppers

Strawberry slice
Fruit & Yoghurts



SUPPER

Friday September 30th

Beef and mushroom hot-pot
Vegetable hot-Pot (v)

Roasted squash
Green beans
Assorted salads

Bakewell tart and custard
Fresh fruit and yoghurts



LUNCH

Saturday October 1st

Chicken breast served with a wild mushroom and brandy sauce (G.F)
Haddock and prawn gratin
Stuffed Aubergine with Mediterranean vegetables and mozzarella (v)

New roasted potatoes or savory rice.

Spiced red cabbage. Broccoli.

Glazed buttered carrots

Chocolate and Almond torte
Fresh fruit salad



SUPPER

Saturday October 1st

Chicken in a cream, mustard and white wine sauce
Noodles with chilli and Vegetables (v)

Assorted Salads

Wedge Potatoes with herbs

Sweet corn

Courgettes with Red Onion

Chocolate meringues with brandy cream
Fresh fruits & yoghurts



LUNCH

Sunday October 2nd

Grilled turkey escalope's

Stuffed tomatoes with a pesto filling (v)

Chips

Peas

Baked tomatoes

Assorted salads

Raspberry and orange mousse

Fruit and yoghurts



SUPPER

Sunday October 2nd

Roast loin of pork with a brown onion
gravy and apple sauce

with a tomato, white wine and olive sauce

Mushroom and nut wellington (v)

Roast potatoes

Savoy cabbage

Roasted carrots

Broad beans in a cream sauce

Apple and date sponge- custard

Fresh fruits and yoghurts