



## LUNCH

Monday October 25th

Pork Steaks with a Lemon  
and parsley Sauce  
Lentil and green pepper Dahl (V)  
\*\*\*\*

Wedged potatoes  
Peas  
Red Cabbage with Nutmeg and Red Wine  
Assorted Salads  
\*\*\*\*

Rice pudding with an apricot and cinnamon  
sauce  
Fresh fruit and yoghurts



## SUPPER

Monday October 25th

Chicken chasseur  
Stuffed mushrooms with garlic butter (v)  
\*\*\*\*

Anna potatoes  
Braised fennel with white wine  
Green beans with tomato sauce  
Assorted salads  
\*\*\*\*

Apple and almond torte  
Fresh fruit and yoghurts



## LUNCH

Tuesday October 26th

Beef and Ale Pie  
Spanish omelette (V)

\*\*\*\*

Minted New Potatoes  
Cauliflower  
Roast Carrots  
Assorted Salads

\*\*\*\*

Winter Pudding- with gooseberries, apricots, cranberries and blackberries  
Fruit & Yoghurts



## SUPPER

Tuesday October 26th

Cod Provencale  
Polenta and cheese Rissoles (v)

\*\*\*\*

Savoury rice with mushrooms and Parsley  
Broccoli  
Sweet Corn Fritters  
Assorted salads

\*\*\*\*

Nutty Plum Crumble-Vanilla Custard  
Fruit and yoghurts



## LUNCH

Wednesday October 27th

Chicken and mushroom pie  
Stuffed peppers (V)  
\*\*\*\*

Roast Potatoes with  
Garlic and Herbs  
Broad Beans  
cauliflower  
Assorted Salads  
\*\*\*\*

Warm coffee and date slice with a  
white chocolate sauce  
Fruit & yoghurts



## SUPPER

Wednesday October 27th

Beef chilli con carne  
Vegetable chilli (v)

\*\*\*\*

Savoury Rice  
Peas  
Roast pumpkin and sesame seeds  
Assorted salads

\*\*\*\*

Sticky toffee pudding-Custard  
Fruits and yoghurts



LUNCH

Thursday October 28th

Pasta Carbanara– with a smoked bacon and  
cream sauce

Pasta with a Tomato and Basil Sauce (V)

\*\*\*\*

Warm Potato, Parsley and Lemon Salad

Roasted Courgettes and Red onions

Assorted Salads

Green beans

\*\*\*\*

Bread and Butter Pudding– With a Caramel  
Sauce

Fruit & Yoghurts



NO SUPPER

Thursday October 28th



LUNCH

Friday October 29th

Caribbean style red mullet– served on a  
bed of Spicy coconut infused Vegetables  
Vegetable stew (v)

\*\*\*\*

**“Rice and Peas”**- Stir fried rice  
with Kidney beans  
Baton carrots  
Broccoli  
Assorted salads

\*\*\*\*

Apricot and ginger cobbler  
Fruit & yoghurts



SUPPER

Friday October 29th



LUNCH

Saturday October 30th

Sweet and sour chicken  
Stir fry vegetables and quorn (V)

\*\*\*\*

Egg noodles  
Sweet corn  
Cabbage with garlic butter.  
Assorted Salads

\*\*\*\*

Greek styled fruit gratin  
Fruit & Yoghurts



NO SUPPER

Saturday October 30th



NOLUNCH

Sunday October 31st



NO SUPPER