



**Monday 5 November**

**LUNCH**

**Beef stew with herb dumplings  
Vegetable stew with herb dumplings (V)**

**\*\*\*\***

**Mash potatoes  
Green beans  
Cauliflower  
Assorted salads**

**\*\*\*\***

**Eves pudding - hot apple and sponge  
Fresh fruit and yoghurts**



**Monday 5 November**

**SUPPER**

**Roast dark meat of chicken with a mustard,  
beer, lemon and thyme marinade  
Blue cheese and onion tart (V)**

**\*\*\*\***

**Roast potatoes  
Peas  
Roast parsnips  
Savoy cabbage  
Assorted salads**

**\*\*\*\***

**Apricot fool  
Fresh fruit and yoghurts**



**Tuesday 6 November**

**LUNCH**

**Lamb and red wine lasagne  
Vegetable lasagne (V)**

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**Jacket potatoes  
Sweet corn  
Glazed carrots  
Assorted salads**

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**Chocolate bread and butter pudding  
Fresh fruit and yoghurts**



**Tuesday 6 November**

**SUPPER**

**Gammon steaks with a parsley sauce  
Italian styled baked omelette (V)**

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**Dauphinoise potatoes  
Red cabbage  
Courgettes with tomatoes and herbs  
Assorted salads**

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**Banana, coffee, brandy and  
meringue pudding  
Fresh fruit and yoghurts**



**Wednesday 7 November**

**LUNCH**

**Turkey escalope's with caper butter  
Leek, mushroom and cheese bake (V)**

**\*\*\*\***

**New parsley potatoes  
Peas and carrots  
Broccoli with sesame seeds  
Assorted salads**

**\*\*\*\***

**Rhubarb and ginger crumble with custard  
Fresh fruit and yoghurts**



**Wednesday 7 November**

**SUPPER**

**Spicy lamb stew  
Vegetable and bean casserole (V)**

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**Potato rostis  
Baked tomatoes with basil  
Fresh mixed vegetable  
Assorted salads**

**\*\*\*\***

**Vanilla crème caramels  
Fresh fruit and yoghurts**



**Thursday 8 November**

**LUNCH**

**Cod bonne femme - mushroom, cream,  
onion and white wine sauce  
Baked courgettes with a tomato salsa (V)**

**\*\*\*\***

**Wedge potatoes  
Red cabbage  
Sweet corn and peppers  
Assorted salads**

**\*\*\*\***

**Blueberry, Greek yoghurt and  
honey pudding  
Fresh fruit and yoghurts**



**Thursday 8 November**

**NO SUPPER**



**Friday 9 November**

**LUNCH**

**Chicken Jalfrezi with Poppadoms  
Mushroom Balti (V)**

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**Braised rice**

**Peas**

**Roasted squash and red onions**

**Assorted salads**

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**Ginger spiced pudding with a  
whiskey and butterscotch sauce  
Fresh fruit and yoghurts**



**Friday 9 November**

**SUPPER**

**Thai fish cakes  
Stir-fried vegetables (V)**

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**Noodles**

**Broccoli gratin**

**Sweet corn**

**Assorted salads**

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**Mississippi mud pie  
Fresh fruit and yoghurts**



**Saturday 10 November**

**LUNCH**

**Beef Oxford with red wine, green peppers,  
garlic and apricot jam**

**Linguine with olives and tomatoes (V)**

**\*\*\*\***

**Roasted new potatoes with rosemary**

**Green beans**

**Assorted salads**

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**Fresh fruit and yoghurts**



**Saturday 10 November**

**SUPPER**

**Pork Steaks with a mushroom  
and leek sauce**

**Mediterranean vegetable risotto (V)**

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**Savoury couscous**

**Cauliflower**

**Braised carrots and fennel**

**Assorted salads**

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**Lemon tart**

**Fresh fruit and yoghurts**



**Sunday 11 November**

**LUNCH**

**Winter cannellini bean and parsnip soup**  
**Cream of leek and potato soup**

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**Fresh crusty bread**

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**Fresh fruit and yoghurts**



**Sunday 11 November**

**NO SUPPER**