

Monday

Suffolk Pork Sausage
Mashed Potato
Buttered Kale, Savoy and Glazed Carrots

Creamy Seafood and Spinach Lasagne
Baby Leaf Salad
Vine Tomato

Tuesday**HOT MEALS**

Roast leg of Lamb
Roast Potatoes
Steamed Greens and Peas
Mint Sauce, Red Currant Jelly

Beef Chilli Con Carne
Rice/Taco Shells
Sour Cream
Guacamole and Grated Monteray Jack Cheese

Beef Casserole with Root Vegetables and Herb Dumplings
Swede and Carrot Mash
Roast New Potato

Char grilled Chicken Cajun Burgers
Ciabatta Buns
Romaine Lettuce and Beef Tomatoes
Potato Wedges

VEGETARIAN

Butternut Squash, Chickpea and Spinach Biryani with
Plain or Mushroom Naan Bread

Cous Cous Stuffed Peppers
Rocket and Watercress Salad
Chunky Tomato Sauce

Creamy Wild Mushroom Risotto

SALAD BAR

Chicken Liver Pate
Taramasalata
Baby Leaf Salad
Sundried Tomato and Grilled Pepper Pasta Salad
Roast Tomato Soup
A Selection of Pizza
Baked Jacket Potato

Sliced Butter Roasted Local Turkey
Steamed Fillets of Salmon
Roasted Aubergine, Squash and Cumin Rice Salad
Rocket and Watercress
Lightly Spiced Vegetable and Coconut Soup
Warm Sausage Roll
Montgomery Cheddar and Onion Quiche
Baked Jacket Potato

Salt Beef
Mackerel Escabeche
Lemon and Mint Cous Cous Salad with Pea Shoots
Greek Salad
Sweet Pepper Soup
Cheddar and Bacon or Onion Turnovers
Baked Jacket Potato

DESSERTS

Apple Crumble with Vanilla Custard
Peach and Orange
Homemade Yogurt or Fruit Jelly

Hummingbird Bakery Lemon and Poppy Seed Loaf with
Citrus Crème Fraiche
Melon and Kiwi
Homemade Yogurt or Fruit Jelly

Chocolate Bread and Butter Pudding with Cream
Watermelon and Strawberry
Homemade Yogurt or Fruit Jelly

Thursday

Coq Au Vin
Dauphinoise Potato
Buttered Spinach
Broccoli

Chefs Special

Friday

Baked Salmon
Crushed New Potato with Crème Fraiche and Chive
Lemon Butter Sauce
Taglietelle Carbonara
Parmesan Shavings
Green Salad, Baguette Croutons
Garlic Bread

Vegetable and Tomato Gratin

Taglietelle with Roasted Pepper, Tomato, Herb and Mozzarella

Sliced Lamb
Tuna Nicoise
Vine Tomato and Gem Lettuce
Beetroot, Capers and Red Onion
Butternut Squash Soup
Mushroom Focaccia Bread
Pasta
Baked Jacket Potato

Poached Chicken Slices
Chicken Caesar Salad
Smoked Mackerel
Asian Slaw
French Onion Soup
Rarebit

Blueberry and Almond Slice with Blueberry Sauce
Orange and Pineapple
Homemade Yogurt or Fruit Jelly

Sticky Toffee Pudding with Butterscotch Sauce, Custard or Cream
Grapes and Banana
Homemade Yogurt or Fruit Jelly