

## Autumn Menu (SAMPLE)

Day	Breakfast	Lunch	Dinner
<b><u>Monday</u></b>	(a) Cereal & Toast (b) Kippers, Bread & Butter	(a) Tuna Bolognese (b) Lamb Tagine & Rice  <b>Sponge &amp; custard</b>	(a) Egg mayonnaise sandwich (b) Pea & ham soup, bread & butter  <b>Fresh Fruit</b>
<b><u>Tuesday</u></b>	(a) Cereal & Toast (b) Porridge, fishcakes & tomatoes with bread & butter	(a) Chicken curry & rice (b) Mushroom omelette & salad  <b>Fruit Cocktail</b>	(a) Cheese & tomato pasta (b) Luncheon meat sandwich  <b>Fresh Fruit</b>
<b><u>Wednesday</u></b>	(a) Cereal & Toast (b) Fruit compote & natural yoghurt	(a) Chopped pork in tomato sauce (b) Sausage in onion gravy <i>Jacket potato, carrots &amp; peas</i>  <b>Rice Pudding</b>	(a) Chicken & lentil soup, bread & butter (b) Corned Beef sandwich  <b>Fresh Fruit</b>
<b><u>Thursday</u></b>	(a) Cereal & Toast (b) Boiled Eggs, bread & butter	<b>Creamy garlic mushrooms, a slice of bread</b>  (a) Tuna & sweetcorn quiche (b) fish fingers <i>Mashed potato, carrots &amp; broad beans</i>	(a) Beetroot sandwich (b) Carrot & orange soup, bread & butter  <b>Cake</b>
<b><u>Friday</u></b>	(a) Cereal & Toast (b) Porridge & Prunes	(a) Skippers on toast (b) Vegetable soup, bread & butter  <b>Fresh Fruit</b>	(a) Tomato & nut cannelloni, salad (b) Pork pie, mashed potato & baked beans <b>Fruit crumble &amp; custard</b> <b>TAKEAWAY</b>
<b><u>Saturday</u></b>	(a) Cereal & Toast (b) Tomatoes on toast	(a) Fish pie (b) Cornish pasty <i>Carrots &amp; Spinach</i>  <b>Melon cocktail</b>	(a) Ham & Pineapple pizza, salad (b) Minestrone soup, bread & butter  <b>Biscuits</b>
<b><u>Sunday</u></b>	(a) Cereal & Toast (b) Bacon & egg, bread & butter	(a) Gammon & pineapple (b) Veggie burger <i>Roast potatoes, green beans &amp; cauliflower cheese</i>  <b>Cheese &amp; biscuits</b>	(a) Pate on toast (b) Cottage cheese & tomato sandwich  <b>Trifle</b>

## Winter Menu (SAMPLE)

<u>Day</u>	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
<b><u>Monday</u></b>	(a) Cereal & Toast  (b) Sausage & tomatoes, bread & butter	(a) Steak & Kidney Pie (b) Ham & Cheese Quiche <i>Mashed potato, broccoli and swede crush</i>  <b>Chocolate sponge &amp; chocolate custard</b>	(a) Beans on Toast (b) Vegetable & lentil soup, bread & butter  <b>Fresh fruit</b>
<b><u>Tuesday</u></b>	(a) Cereal & Toast  (b) Boiled eggs, bread & butter	<b>Florida Cocktail/Mandarins</b>  (a) Roast chicken & gravy (b) Fishcake <i>Roast potatoes, green cabbage &amp; sweetcorn</i>	(a) Pea & ham soup, bread & butter (b) Cheese & tomato sandwich  <b>Sweet Biscuits</b>
<b><u>Wednesday</u></b>	(a) Cereal & Toast  (b) Fruit Compote & natural yoghurt	(a) Vegetable macaroni cheese bake (b) Cheese & tomato pizza <i>Salad</i>  <b>Manchester Tart</b>	(a) Chicken & lentil soup, bread & butter (b) Bacon sandwich  <b>Fresh Fruit</b>
<b><u>Thursday</u></b>	(a) Cereal & Toast  (b) Porridge & prunes	<b>Celery soup, bread &amp; butter</b>  (a) Haddock Hotpot (b) Cornish Pasty <i>Carrots &amp; Sprouts</i>	(a) Jacket Potato & Tuna Mayo (b) Tomato Soup, bread & butter  <b>Cheese &amp; Biscuits</b>
<b><u>Friday</u></b>	(a) Cereal & Toast  (b) Kippers, bread & butter	(a) Broccoli & Cauliflower quiche (b) Pilchard sandwich  <i>Cake</i>	(a) Chicken burger (b) Fish Finger <i>Jacket potato, green beans &amp; grilled tomatoes</i> <b>Semolina Pudding</b> <b>TAKEAWAY</b>
<b><u>Saturday</u></b>	(a) Cereal & Toast  (b) Beans on toast	(a) Sausage (b) Pork Pie <i>Mashed potato &amp; mushy peas</i> <b>Cheese &amp; Biscuits</b>	(a) Salmon & cucumber sandwich (b) Minestrone soup, bread & butter  <b>Fresh Fruit</b>
<b><u>Sunday</u></b>	(a) Cereal & Toast  (b) Bacon & egg, bread & butter	<b>Apricots with cottage cheese</b>  (a) Pork & Apple Sauce (b) Veggie burger <i>Roast Potatoes, red cabbage &amp; peas</i>	(a) Currant T-cake & cheese (b) Spaghetti on Toast  <b>Fresh Fruit</b>

## Spring Menu (SAMPLE)

Day	Breakfast	Lunch	Dinner
<b><u>Monday</u></b>	(a) Cereal & Toast  (b) Porridge, warm rolls & preserves	(a) Vegetable lasagne with salad (b) Fishcake, potato croquettes & tinned tomatoes  <b>Prince Albert pudding &amp; custard</b>	(a) Jacket potato & cheese (b) Tuna Marie Rose sandwich  <b>Fresh Fruit</b>
<b><u>Tuesday</u></b>	(a) Cereal & Toast  (b) Boiled eggs, bread & butter	<b>Tinned grapefruit</b>  (a) Keema curry & rice (b) Ham & mushroom pasta	(a) Beans on toast (b) Pilchard sandwich  <b>Sweet biscuits</b>
<b><u>Wednesday</u></b>	(a) Cereal & Toast  (b) Fruit compote & natural yoghurt	(a) Shepherd's Pie, red kidney beans & cauliflower (b) Vegetable frittata & salad  <b>Semolina</b>	(a) Carrot & orange soup, bread & butter (b) Cheese & pickle sandwich  <b>Fresh Fruit</b>
<b><u>Thursday</u></b>	(a) Cereal & Toast  (b) Tinned grapefruit, black pudding & beans	<b>Pilchards on toast</b>  (a) Pork Casserole (b) Cornish Pasty <i>Jacket potato, green beans &amp; carrots</i>	(a) Spring vegetable soup, bread & butter (b) Ham & tomato sandwich  <b>Cake</b>
<b><u>Friday</u></b>	(a) Cereal & Toast  (b) Porridge, kippers with bread & butter	(a) Jacket potato, cheese & coleslaw (b) Egg mayonnaise sandwich  <b>Fresh Fruit</b>	(a) Holiday fish pie, peas & grilled tomatoes (b) Pork pie, mashed potato & peas <b>Fruit sponge &amp; custard</b> <b>TAKEAWAY</b>
<b><u>Saturday</u></b>	(a) Cereal & Toast  (b) Sausage & tomatoes, bread & butter	<b>Celery soup, bread &amp; butter</b>  (a) Sausage roll (b) Fish fingers <i>Mashed potato &amp; beans</i>	(a) Spaghetti on toast (b) Banana sandwich  <b>Cheese &amp; biscuits</b>
<b><u>Sunday</u></b>	(a) Cereal & Toast  (b) Bacon & egg, bread & butter	<b>Florida Cocktail</b>  (a) Turkey & stuffing (b) Sausage <i>Roast potatoes, sweetcorn &amp; carrots</i>	(a) Mushroom soup, bread & butter (b) Peanut butter sandwich  <b>Fruit yoghurt</b>

## Summer Menu (SAMPLE)

Day	Breakfast	Lunch	Dinner
<b><u>Monday</u></b>	(a) Cereal & Toast (b) Warm rolls & preserves	(a) Fish vol au vents & salad (b) Sausage roll, mashed potato & beans  <b>Banana Custard</b>	(a) Turkey & lentil broth, bread & butter (b) Cottage cheese & tomato sandwich  <b>Fresh Fruit</b>
<b><u>Tuesday</u></b>	(a) Cereal & Toast (b) Boiled eggs, bread & butter	<b>Salmon on toast</b>  (a) Chicken supreme & rice (b) Vegetable frittata & Salad	(a) Broccoli & bacon quiche (b) Bacon Sandwich  <b>Cheese &amp; biscuits</b>
<b><u>Wednesday</u></b>	(a) Cereal & Toast (b) Fruit compote & natural yoghurt	(a) Savoury stuffed jacket (b) Cheese & tomato pizza <i>Salad</i>  <b>Fruit pie &amp; cream</b>	(a) Tinned mackerel sandwich (b) Egg & onion sandwich  <b>Fresh Fruit</b>
<b><u>Thursday</u></b>	(a) Cereal & Toast (b) Porridge & prunes	(a) Sausage casserole (b) Fish cake <i>New potatoes, cabbage &amp; sweetcorn</i>  <b>Apple crumble &amp; custard</b>	(a) Sandwich spread & tomato sandwich (b) Seafood pizza  <b>Fresh Fruit</b>
<b><u>Friday</u></b>	(a) Cereal & Toast (b) Scrambled eggs on toast	(a) Ploughman's Lunch (b) Cheese special sandwich  <b>Cake</b>	(a) Blackbean hotpot (b) Ham & tomato pasta bake <b>Cottage cheese topped pears</b> <b>TAKEAWAY</b>
<b><u>Saturday</u></b>	(a) Cereal & Toast (b) Kippers, bread & butter	<b>Watermelon</b>  (a) Corned Beef (b) Cheese omelette <i>Jacket potato &amp; salad</i>	(a) Pork pie & mushy peas (b) Luncheon meat sandwich  <b>Fresh Fruit</b>
<b><u>Sunday</u></b>	(a) Cereal & Toast (b) Bacon & egg, bread & butter	<b>Fish pate on toast</b>  (a) Turkey & stuffing (b) Mackerel <i>New potatoes, green beans &amp; chickpeas in tomato sauce</i>	(a) currant t-cake & cheese (b) Spaghetti on toast  <b>Fruit jelly &amp; ice cream</b>