

PLUMSTEAD LODGES WEEKLY MENU

WEEK COMMENCING:

WEEK ONE	BREAKFAST	LUNCH	TEA
MONDAY	Porridge, Choice of Cereals Grapefruit/Prunes/Fresh Bananas Sausage, Hash Brown, Tomatoes, Scrambled eggs. Toast and Marmalade/Jam/Honey	Irish Stew Cod and Tomato Bake Boiled Potatoes/Mixed Vegetables/Broccoli Pudding Braked Bananas and Crème Anglais or Ice Cream	Cream of Mushroom Soup/Sandwiches Pilchards in Tomato Sauce on Toast or Cheese and Ham Omelette Potato Croquettes/Peas Pudding Peaches and Cream/Yoghurt
TUESDAY	Porridge, Choice of Cereals Grapefruit/Prunes/Mandarin Segments Toast and Marmalade/Jam/Honey	Toad in the Hole Steak and Mushroom Casserole with dumplings Mash Potatoes/Carrots/Brussels Pudding Plum crunch with Custard or Ice Cream	Sandwiches Jacket Potato with Beans/Cheese Quiche Lorraine New Potatoes/Sweetcorn Pudding Banana Split or fresh fruit
WEDNESDAY	Porridge, Choice of Cereals Grapefruit/Prunes Bacon, Fried Eggs and Beans Toast and Marmalade/Jam/Honey	Gammon with Pineapple Fish in Butter Sauce Parsley Potatoes/Sweetcorn/Swede Pudding Apple and Sultana Pie with Custard or Cream	Tomato Soup/Sandwiches Cauliflower Cheese with Potato Waffles or Poached Eggs on Toast Pudding Scones with Jam and Cream or Fresh Fruit
THURSDAY	Porridge, Choice of Cereals Grapefruit/Prunes/Fresh Bananas Toast and Marmalade/Jam/Honey	Pork Chops Beef Casserole Roast Potatoes/Mashed Potatoes/Cabbage/Cauliflower Carrots Pudding Apple pie and custard, Frest Fruit, Moose	Sandwiches Cheese on Toast Pudding Jelly with Fruit Cocktail or Yoghurt
FRIDAY	Porridge, Choice of Cereals Grapefruit/Prunes/Mandarin Segments Sausage, Poached Eggs, Hash Brown, Tomatoes Toast and Marmalade/Jam/Honey	Smoked Haddock Chicken and Ham Pie Chips/Creamed Potatoes/Mixed Vegetables/Peas Pudding Eve's Pudding and Custard or Cream	Scotch Broth/Sandwiches Macaroni Cheese or Cheesy Beans on Toast Tomatoes Pudding Mandarin Magic and Ice Cream or Fresh Fruit
SATURDAY	Porridge, Choice of Cereals Grapefruit/Prunes Toast and Marmalade/Jam/Honey	Spaghetti Bolognese Liver and Bacon Jacket Potatoes/Green Beans/Carrots/Peas Pudding Rice Pudding and Jam	Sandwiches Tuna Pasta or Cheese Burger Mixed Salad Pudding Gateaux and Cream or Ice Cream
SUNDAY	Porridge. Choice of Cereals Grapefruit/Prunes/Fresh Bananas Bacon, Boiled Egg, Beans Toast and Marmalade/Jam/Honey	Roast Beef Poached Salmon Yorkshire Puddings/Creamed Potatoes/Roast Potatoes/Broccoli/Carrots Pudding Bread and Butter Pudding with Custard or Cream	Chicken Soup/Sandwiches Welsh Rabbit or Scrambled Egg on Toast Corned Beef Chips/Mushy Peas Pudding Fresh Fruit Pavlova or Yoghurt

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MONDAY	Porridge, Choice of Cereals Grapefruit/Prunes/Mandarin Segments Toast and Marmalade/Jam/Honey	Sausage and Bean Casserole Meat Balls in Gravy Mashed Potatoes/Swede/Mixed Vegetables Pudding Treacle Tart and Custard or Cream	Tomato Soup/Sandwiches Cornish Pasties or Bubble and Squeak Parsley Potatoes/Carrots Pudding Mixed Fruit Trifle or Ice Cream
TUESDAY	Porridge, Choice of Cereals Grapefruit/Prunes Sausage, Hash Brown, Fried Eggs, Tomatoes Toast and Marmalade/Jam/Honey	Beef Stew Baked Gammon with Parsley Sauce Sauté Potatoes/Brussels/Cauliflower Pudding Stuffed Baked Apple or Yogurt	Sandwiches Chicken Nuggets or Sardines on Toast Potato Wedges/Peas Pudding Fruit Fool or Fresh Fruit
WEDNESDAY	Porridge, Choice of Cereals Grapefruit/Prunes/Fresh Bananas Toast and Marmalade/Jam/Honey	Pork Fillet Fish in Parsley Sauce Boiled Potatoes/Cabbage/Peas Pudding Jam Roly Poly and Custard or Ice Cream	Vegetable Soup Ravioli on Toast or Sausage Rolls Mashed Potatoes/Beans Pudding Artic Roll or Fruit Cocktail
THURSDAY	Porridge, Choice of Cereals Grapefruit/Prunes Bacon, Scrambled Eggs, Beans Toast and Marmalade/Jam/Honey	Lancashire Hotpot Meat Loaf Cream Potatoes/Broccoli/Sweetcorn Pudding Semolina	Sandwiches Cheese and Tomato Toasties Or Cheese, Bread and Butter Pudding Tomatoes Pudding Artic Roll or Yogurt
FRIDAY	Porridge, Choice of Cereals Grapefruit/Prunes/Mandarin Segments Toast and Marmalade/Jam/Honey	Fried Cod Chicken in White Sauce Chips/Boiled Potatoes/Carrots/Peas Pudding Apple and Cinnamon Crumble with Custard or Ice Cream	Chicken Soup/Sandwiches Chicken Pasta or Sausages and Onions Mash Potatoes/Mixed Vegetables Pudding Lemon Meringue Pie and Cream or Fresh Fruit
SATURDAY	Porridge, Choice of Cereals Grapefruit/Prunes Sausage, Hash Brown, Poached Egg, Tomatoes Toast and Marmalade/Jam/Honey	Fisherman's Pie Turkey and Ham Pie Parsley Potatoes/Cabbage/Roast Vegetables Pudding Spotted Dick and Custard or Cream	Scotch Broth/Sandwiches Prawn Salad or Cheese and Tomato Omelets Croquette Potatoes Pudding Egg Custard Tart or Ice Cream
SUNDAY	Porridge, Choice of Cereals Grapefruit/Prunes/Fresh Bananas Toast and Marmalade/Jam/Honey	Roast Lamb Salmon and Broccoli Bake Creamed Potatoes/Roast Potatoes/Parsnips/Green Beans/Cauliflower Pudding Fruits of Forest Cheese Cake and Cream	Sandwiches Meatballs in Gravy or Bacon and Cheese Turnovers Sauté Potatoes/Mixed Vegetables Pudding Fruit Flan with Ice Cream or Yogurt

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WEEK THREE	BREAKFAST	LUNCH	TEA
MONDAY	Porridge, Choice of Cereals Grapefruit/Prunes/ Bacon, Fried Eggs, Beans Toast and Marmalade/Jam/Honey	Mince and Dumplings Mixed Grill Creamed Potatoes/Mixed Vegetables/Tomatoes Pudding Bakewell Tart and Custard or ice Cream	Tomato Soup/Sandwiches Sardines on toast Quiche Lorraine Sauté Potatoes/Baked Beans Pudding Jelly, fruit Cocktail and ice cream
TUESDAY	Porridge, Choice of Cereals Grapefruit/Prunes/Mandarin Segments Toast and Marmalade/Jam/Honey	Corned Beef Hash topped with Mashed Potato Chicken Pie topped with Mashed Potato Brussels/carrots Pudding Stewed Prunes and yogurt or custard	Sandwiches Ham Salad Smoked Haddock New Potatoes/Green Beans Pudding Gateaux and Cream or fresh fruit
WEDNESDAY	Porridge, Choice of Cereals Grapefruit/Prunes/Fresh Bananas Sausage/Scrambled eggs/mushrooms Toast and Marmalade/Jam/Honey	Pork Chops Meatballs in gravy Mashed Potatoes/Broad Beans/Cauliflower Pudding Peach upside down cake and custard or ice cream	Lentil Soup/Sandwiches Bacon slices Baked beans on Toast Potato slices and Peas Pudding Strawberry whip or yogurt
THURSDAY	Porridge, Choice of Cereals Grapefruit/Prunes Toast and Marmalade/Jam/Honey	Sweet and Sour Pork with rice Roast Chicken breast Roast Potatoes/Swede/runner beans Pudding Jam Sponge and custard or ice cream	Sandwiches Tuna Salad Macaroni Cheese Potato Croquettes/Mixed Vegetables Pudding Banana Custard/fresh fruit
FRIDAY	Porridge, Choice of Cereals Grapefruit/Prunes/Mandarin Segments Bacon/hash browns/tomatoes Toast and Marmalade/Jam/Honey	Breaded fish Steak and Kidney Pie Chips/boiled potatoes/peas/carrots Pudding Rhubarb crumble/cream or yogurt	Chicken Soup/Sandwiches Bacon and broccoli jackets Chicken and ham pie Jacket Potato/peas Pudding Trifle or ice cream
SATURDAY	Porridge, Choice of Cereals Grapefruit/Prunes/Fresh Bananas Toast and Marmalade/Jam/Honey	Fish and Potato Bake Liver and Bacon Casserole Creamed Potatoes/green Beans/cauliflower Pudding Rice pudding or ice cream	Sandwiches Chicken Salad Pilchards on Toast Pudding Peach Melba or fresh fruit
SUNDAY	Porridge, Choice of Cereals Grapefruit/Prunes Sausage/Beans Toast and Marmalade/Jam/Honey	Roast Pork Omelet's Roast Potatoes/Boiled Potatoes/Cabbage/carrots/Brussels Apple Strudel and Custard or ice Cream	Minestrone Soup Prawn and potato cakes Scrambled egg or poached egg on toast Chips/Sweetcorn Pudding Bakewell tarts or yogurt