

DAY	MAIN MEAL	DINNER	TEA
MONDAY	Porridge, wheetabix, cornflakes, grapefruit, prunes, mandarin segments, orange, apple or cranberry juice. Grilled bacon with beans.	Guinness beef stew, Rosemary mashed potato, Roasted root vegetables and peas, Cod and tomato bake, Toffee apple & pecan pie Yoghurt or fresh fruit	Thick vegetable soup Cheesy beans on toast Mushroom & red pepper flan Rock cakes
TUESDAY	Porridge, wheetabix, cornflakes, Grapefruit, prunes, mandarin segments. Orange, apple or cranberry juice. Boiled eggs	Cottage pie & sweetcorn Sausages Cabbage with parsley potatoes. Chocolate pudding & chocolate sauce or ice cream or yoghurt.	Tomato soup Jacket potatoes with various fillings Salad Carrot cake or cheese and biscuits
WEDNESDAY	Porridge, wheetabix, cornflakes, Grapefruit, prunes, mandarin segments. Orange, apple or cranberry juice. Hash browns with scrambled eggs.	Gammon with pineapple, Parsley potatoes with swede and parsnip mash. Fish in butter sauce. Apple and sultana pie with custard or cream or ice cream or fresh fruit.	Scotch broth soup, Cauliflower cheese with bacon or pilchard in tomato sauce with toast ginger snaps with lemon sorbet or bramble apple cake.
THURSDAY	Porridge, wheetabix, cornflakes, Grapefruit, prunes, mandarin segments. Orange, apple or cranberry juice.	Chicken slices with sauté potatoes, green beans and carrots. Pork casserole Banoffee pie & ice cream Fresh fruit	Chicken soup, Sausage roll with baked beans, Salmon fishcakes with chips, Jelly with fruit cocktail, Yoghurt.
FRIDAY	Porridge, wheetabix, cornflakes, Grapefruit, prunes, mandarin segments. Orange, apple or cranberry juice. Grilled bacon with beans.	Scampi and chips, Potato pancakes, mixed vegetables & sweetcorn. Fried fish & chips. Eves pudding & custard or cream or Yoghurt.	Mushroom soup Macaroni cheese Cheese and pickle Mousse & ice cream.
SATURDAY	Porridge, wheetabix, cornflakes, Grapefruit, prunes, mandarin segments. Orange, apple or cranberry juice. Fried eggs with bacon	Liver & bacon casserole with Green beans, carrots & brussel sprouts. Spaghetti Bolognese Rice pudding with jam or ice cream.	Minestrone soup Tuna pasta or cheese salad and coleslaw. Ginger cake
SUNDAY	Porridge, wheetabix, cornflakes, Grapefruit, prunes, mandarin segments. Orange, apple or cranberry juice. Poached eggs on toast.	Roast beef and yorkshire pudding with creamed potatoes or roast potatoes and carrots and broccoli. Spiced bread and butter pudding eith custard or cream. Ice cream or fresh fruit.	Spring vegetable soup, Cheese on toast with scrambled eggs. Sorned beef and chips. Fresh pavlova or fairy cakes.