

## Week Four

Week Four	Lunch				Supper			
Day	Option 1	Option 2	Option 3	Pudding	Option 1	Option 2	Pudding	Soup
<b>Sunday</b>	Roast chicken and vegetables	Roasted vegetables	Jacket potato and salad	Peach pie	High Tea	Cream tea		Spicy sweet potato
<b>Monday</b>	Sausage casserole	Vegetable casserole	Jacket potato and salad	Cheesecake	High Tea	Sardines on toast	Mousse	Cauliflower cheese
<b>Tuesday</b>	Chef's choice	Chef's choice	Jacket potato and salad	Chef's choice	High Tea	Chef's choice	Chef's choice	Chef's choice
<b>Wednesday</b>	Beef stew and dumplings	Pesto pasta	Jacket potato and salad	Baked apples	High Tea	Egg and bacon pie	Fresh fruit	Courgette and carrot
<b>Thursday</b>	Liver and onions, mash and vegetables	Meatballs in gravy	Jacket potato and salad	Upsidedown cake	High Tea	Crumpets	Ice cream	Cream of tomato
<b>Friday</b>	Fish cakes/fish fingers, chips and peas	Egg, chips and peas	Jacket potato and salad	Mousse	High Tea	Cheese on toast	Lemon pie	Pearl barley and vegetable
<b>Saturday</b>	'Fry up'	Omelette	Jacket potato and salad	Chocolate rice pudding	High Tea	Toasted tea cakes	Mousse	Pesto and vegetable

All served with seasonal vegetables

