

Week Three

	Lunch				Supper			
Day	Option 1	Option 2	Option 3	Pudding	Option 1	Option 2	Pudding	Soup
Sunday	Roast pork and vegetables	Roasted cauliflower	Jacket potato and salad	Rhubarb crumble	High tea	Cream teas		Spiced parsnip
Monday	Steak and kidney or chicken and mushroom pie	Vegetable pie	Jacket potato and salad	Mousse And fruit	High tea	Crumpets	Cheesecake	Split pea
Tuesday	Sweet chilli salmon and new potatoes	Cod in parsley and new potatoes	Jacket potato and salad	Apple pie	High tea	Toasted teacakes	Jelly	Cream of tomato
Wednesday	Chicken curry	Chicken in mushroom sauce	Jacket potato and salad	Upsidedown cake	High tea	Cheese on toast	Ice cream	Red pepper and sweet potato
Thursday	Split pea soup and dumplings	Sausage, onion gravy and mash	Jacket potato and salad	Semolina	High tea	Sausage rolls	Strawberries and cream	Pea and mint
Friday	Cod, chips and peas	Egg and bacon and mash	Jacket potato and salad	Fresh fruit salad	High tea	Quiche	Mousse	Curried carrot and apple
Saturday	Pasty	Corned beef hash	Jacket potato and salad	Baked fruit	High tea	Toasted sandwich	Fruit salad	Five bean

Week Three

All served with seasonal vegetables

