

Week Three

| Week Three | Lunch | | | | Supper | | | |
|------------------|-----------------------------|--|-----------------------|----------------------------|---------------|------------------|----------------------|---------------------------|
| Day | Option 1 | Option 2 | Option 3 | Pudding | Option 1 | Option 2 | Pudding | Soup |
| Sunday | Roast pork & vegetables | Roasted cauliflower | Jacket potato & salad | Apple pie | High Tea | Cream Teas | | Cream of vegetables |
| Monday | Salmon & herb potatoes | Cod in parsley sauce & herb potatoes | Jacket potato & salad | Mousse & fruit | High Tea | Crumpets | Cheesecake | Leek, potato & bacon |
| Tuesday | Sausage, onion gravy & mash | Ploughman | Jacket potato & salad | Jelly & ice cream | High Tea | Toasted teacakes | Jelly | Cream of tomato |
| Wednesday | Chicken curry | Chicken in mushroom sauce | Jacket potato & salad | Poached pears | High Tea | Cheese on toast | Ice cream | Red pepper & sweet potato |
| Thursday | Quiche & new potatoes | Tomato basil pasta, garlic bread & salad | Jacket potato & salad | Upside-down cake & custard | High Tea | Sausage rolls | Strawberries & cream | Chunky veg |
| Friday | Fish goujons, chips & peas | Egg, bacon & chips/mash | Jacket potato & salad | Fresh fruit salad | High Tea | Pizza | Mousse | Pea & mint |
| Saturday | Pasty | Cornbeef hash | Jacket potato & salad | Strawberries & cream | High Tea | Toasted sandwich | Fruit salad | Five bean |

All served with seasonal vegetables

