

MENU: WEEK ONE

MONDAY

Bacon Suet Roll
with mash potato, vegetables, and gravy

Toasted Tea Cakes
with assortment of jams

Ginger or Syrup Sponge and Custard

Fruit Salad

TUESDAY

Salmon Steaks
with sauté potatoes, vegetables, and
hollandaise sauce

Chicken and Bacon Salad
Sandwich
with crisps and coleslaw

Fruit crumble and custard

Cheesecake

WEDNESDAY

Chicken Supreme
with roast potatoes and vegetables

Fish Fingers or Kippers
with salad or beans

Rice Pudding

Homemade sponge and custard

THURSDAY

Lancashire Hot Pot

**French Toast or Egg on
Toast**

Fruit and custard

Strawberries and Cream

FRIDAY

Breaded Fish or Fish in Sauce
with chips and peas

Cauliflower Cheese
with bread and butter

Ice-cream Pudding

Cake

SATURDAY

Faggots
with mash potato and mushy peas

Crumpets
with cheese or assortment of
jams

Banana and Custard

Fruit and Jelly

SUNDAY

Roast Chicken
with roast potatoes, fresh seasonal
vegetables, and chicken gravy

High tea

Trifle

Cakes

MENU: WEEK TWO

MONDAY

**Bubble and Squeak
with cold meat and pickle**

**Mushrooms or Tomato on
Toast**

Fruit Pie and Custard

Homemade Brownies

TUESDAY

**Fish Pie
with vegetables**

**Cheese or Pâté on Toast
with salad leaves and cherry
tomatoes**

Fruit Crumble and Custard

Manchester Tart

WEDNESDAY

**Liver and Bacon Casserole
with mash potato and vegetables**

**Sardines or Pilchards on
Toast**

Banoffee Pie

Fruit Jelly with Cream

THURSDAY

**Chicken Kiev
with mash potato and vegetables**

**Cornbeef Fritters
with salad or beans**

Chocolate Mousse

Cheesecake

FRIDAY

**Breaded Fish or Fish in Sauce
with chips and peas**

**Cheese and Onion Pie
with salad leaves and tomatoes**

Ice-cream Pudding

Stewed Fruit and Custard

SATURDAY

**Cottage Pie
with fresh vegetables and gravy**

**Beans or Spaghetti on Toast
with cheese**

Banana and Custard

Homemade Chocolate Cake

SUNDAY

**Roast Lamb
with roast potatoes, fresh seasonal
vegetables, mint sauce, and gravy**

High tea

Ice-cream Pudding

Fresh Cream Scones

MENU: WEEK THREE

MONDAY

Chicken Casserole or Curry
with boiled potatoes or rice

Omelette
with side salad and bread

Fruit Salad

Homemade Coconut Cake

TUESDAY

Smoked Haddock
with mash potato, vegetables, and dill
sauce

Fry Up
with beans, tomatoes, and
bread

Gateau

Fresh Fruit or Yoghurt

WEDNESDAY

Lamb or Pork Chops
with roast potatoes and vegetables

Sausage Rolls
with pickle and salad leaves

Rice Pudding

Homemade Fairy Cakes

THURSDAY

Meatballs in Gravy
with mash potato and vegetables

Cheese Scones
with chutneys, and salad and
apple slices

Fruit Strudel and Custard

Ice-cream Pudding

FRIDAY

Breaded Fish or Fish in Sauce
with chips and peas

Homemade Soup
with bread

Ice-cream Pudding

Lemon Meringue Pie

SATURDAY

Steak and Kidney Pudding
with mash potato, vegetables, and gravy

Sausage or Bacon Sandwich
with side salad

Stewed Fruit and Cream

Cake

SUNDAY

Roast Pork
with roast potatoes, fresh seasonal
vegetables, apple sauce, and gravy

High tea

Viennetta

Trifle

MENU: WEEK FOUR

MONDAY

Lasagne
with green vegetables

Fishcakes
with spaghetti

Crème Caramel

Fruit Cocktail and Cream

TUESDAY

Scampi
with sauté potatoes, vegetables, and
tartare sauce

Jacket Potato
with assortment of toppings
and side salad

Cake

**Homemade Shortbread with
Mousse**

WEDNESDAY

Chicken Stroganoff
with rice or roast potatoes and vegetables

Ham and Salad Sandwich
with pickle and crisps

Stewed Apple

Fruit Flan

THURSDAY

Gammon
with new potatoes, vegetables, and
parsley sauce

Cornish Pasties
with spaghetti or beans

Fruit Crumble and Custard

Bread and Butter Pudding

FRIDAY

Breaded Fish or Fish in Sauce
with chips and peas

Eggs Benedict
with side salad

Ice-cream Pudding

Cake

SATURDAY

Shepherd's Pie
with vegetables and gravy

Pizza or Quiche
with side salad

Spotted Dick

Cheesecake

SUNDAY

Roast Beef
with roast potatoes, fresh seasonal
vegetables, and gravy

High tea

Gateau

Cake or Scones