

## Breakfast

Items available: Eggs (Scrambled) Prunes, grapefruit segments, orange, cranberry, apple, prune or grapefruit juice

Cereals: Porridge, Ready Brek, Muesli, Special K, Branflakes, Weetabix, Cornflakes, Rice Krispies

Toast (white or wholemeal) with butter or margarine and marmite, marmalade or jam

Tea or coffee with milk

## Mid-morning / Mid-afternoon

Tea or coffee, fortified drinks and biscuit or homemade biscuit (morning) and scone or cake (afternoon)

## Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit juice (Cranberry or orange)	Fruit juice (Cranberry or orange)	Fruit juice (Cranberry or orange)	Fruit juice (Cranberry or orange)	Fruit juice (Cranberry or orange)	Fruit juice (Cranberry or orange)	Fruit juice (Cranberry or orange)
Steak and Ale Pie	Chicken Crumble	Pork Cobbler	Roast Beef	Fish and Chips	Meat Balls	Roast Pork
Mashed potatoes	Boiled potatoes	New potatoes	Roast potatoes	Chips or Croquettes	Mashed potatoes	Roast Potatoes
Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Jam & Coconut Sponge	Fruit and Custard	Rice Pudding	Fruit Flan	Lemon Tart	Date Sponge Custard	Trifle

Lunchtime options (always available, just ask):

Bacon, sausages, chicken nuggets, faggots, ice cream or fruit, yoghurts, mousse.

## Tea

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Macaroni Cheese	Ham and Pineapple Pizza	Sardines on Toast	Cheese and Biscuits	Hot Dogs	Omelette and Salad	Selection of Sandwiches
Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk

Tea options (always available, just ask):

Sandwiches with various fillings such as egg mayonnaise, ham, corned beef, cheese, seafood cocktail, toast, selection of cakes

## Supper

Milk drink (Ovaltine, chocolate, Horlicks), cup a soup, semi-sweet biscuit or cheese and biscuits

### Choice

If you do not fancy anything on the menu, please see a member of staff who will be more than happy to help you choose something you would like.

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Toast (white or wholemeal) with butter or margarine and marmite, marmalade or jam

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Chicken, bacon and leek pie	Sausage and Mash	Roast Lamb	Fish Pie	Ham and Chips	Beef Stew	Roast Chicken
Boiled potatoes	Mashed potatoes	Roast potatoes	New potatoes	Chips or Croquettes	Mashed potatoes	Roast Potatoes
Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Bananas and custard	Almond Tart	Pineapple Upside Down	Lemon Meringue	Bread & Butter Pudding	Seasonal Fruit Crumble	Gateaux
Lunchtime options (always available, just ask): Bacon, sausages, chicken nuggets, faggots, ice cream or fruit, yoghurts, mousse.						

## Tea

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Crumpets with Jam or Honey	Jacket Potatoes with beans	Pate on Toast	Bacon & Cheese Puff	Cauliflower Cheese	Soup of the Day	Selection of Sandwiches
Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk
Tea options (always available, just ask): Sandwiches with various fillings such as egg mayonnaise, ham, corned beef, cheese, seafood cocktail, toast, selection of cakes						

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Pork Schnitzel	Lasagne	Roast Pork	Beef Curry	Fish and Chips	Chicken in Bacon	Roast Beef
New potatoes	Boiled potatoes	Roast potatoes	Boiled Rice or Mashed potatoes	Chipped or mashed potatoes	Mashed potatoes	Roast Potatoes
Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Angel Delight	Apple Cake and Custard	Cheese Cake	Jam Tart and Custard	Jelly and Ice Cream	Pear Upside Down and Custard	Trifle

Lunchtime options (always available, just ask):

Bacon, sausages, chicken nuggets, faggots, ice cream or fruit, yoghurts, mousse.

## Tea

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rissoles	Ham Salad	Prawn Cocktail	Scrambled Eggs	Sausage Roll and Beans	Cheese Scones	Selection of Sandwiches
Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk	Tea or coffee with milk

Tea options (always available, just ask):

Sandwiches with various fillings such as egg mayonnaise, ham, corned beef, cheese, seafood cocktail, toast, selection of cakes

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Sausage and Bacon Pie	Cottage Pie	Roast Chicken	Bacon Homity Pie	Burger and Chips	Faggots	Roast Lamb
New potatoes	Mashed potatoes	Roast potatoes	New potatoes	Chips or Croquettes	Mashed potatoes	Roast potatoes
Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Lemon Drizzle and Cream	Stewed Fruit and Custard	Profiteroles	Bread Pudding	Peaches and Arctic Roll	Chocolate Sponge and Custard	Gateaux

Lunchtime options (always available, just ask):

Bacon, sausages, chicken nuggets, faggots, ice cream or fruit, yoghurts, mousse.

## Tea

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Quiche and Chips Croquettes	Toasted Tea Cakes	Egg Salad	Fish Fingers and Beans	Corned Beef Hash	Soup of the Day	Selection of Sandwiches
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