



WEEK 2 - MONDAY

BREAKFAST

Continental Breakfast

Choice of fresh cut fruit, juice, cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day

Mixed

Salad of the day

Chicken Caesar (Bacon, Parmesan, Egg)

MAIN MEAL

Braised Steak and Gravy

Suitable for Soft

ALTERNATIVE MEAL

Chicken Pizzaiola (Cheese and Tomato Top)

Suitable for Soft

Puree

Beef

Starch

Sweet Potato

Vegetables

Cabbage/Corn

DESSERT

Dessert

Baked Custard and Strawberry Compote **Food Allergies**

Low Fat/Low Sugar

Baked Custard and Strawberry Compote

Puree

Baked Custard and Strawberry Compote

DINNER

Soup of the day

Tomato and Basil

EVENING MAIN MEAL

BBQ Beef Sausages and Mash with Gravy

Evening Soft Option

Skinless Sausages and Mash with Gravy

Puree

Sausages





WEEK 2 - TUESDAY

BREAKFAST

Order hot breakfast for next day

Continental Breakfast

Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day	Turkey and Cranberry	
Salad of the day	Champagne Ham and Coleslaw	
Wrap Option	Champagne Ham and Coleslaw	
MAIN MEAL	Salmon Prawn and Leek Lasagne	Seafood Allergies
Main Soft Option	Steamed Salmon with White Sauce	
ALTERNATIVE MEAL	Pork Schnitzel with Gravy	
Puree	Fish	
Starch	Chips	
Vegetables	Mixed Salad	

DESSERT

Dessert	Rice Pudding with Caramelised Pineapple
Low Fat/Low Sugar	Rice Pudding
Puree	Rice Pudding

DINNER

Soup of the day	Pea and Ham
EVENING MAIN MEAL	Pasta Bolognaise and Garlic Bread
Puree	Pork





WEEK 2 - WEDNESDAY

HOT BREAKFAST

Chipolatas Sausages with Tomato

Continental Breakfast

Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day

Ham, Cheese and Tomato

Salad of the day

Corned meat and pickles

MAIN MEAL

Roast Chicken with Herb Rub

Suitable for Soft

ALTERNATIVE MEAL

Cheesy Pumpkin Pasties

Alternative Soft

Cheesy Pumpkin Patties

Puree

Chicken

Starch

Roast Potato

Vegetables

Roasted Carrot/ Peas

DESSERT

Dessert

Mangomissu (Layered Mango Dessert)

Low Fat/Low Sugar

Mango Mousse

Puree

Mango Mousse

DINNER

Soup of the Day

Thick Vegetable

EVENING MAIN MEAL

Spanish Omelette with Potato

Suitable for Soft

Puree

Beef







WEEK 2 - THURSDAY

BREAKFAST

Continental Breakfast

Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day	Roast Chicken Lettuce and Mayonnaise	
Wrap Option	Roast Chicken Lettuce and Mayonnaise	
Salad of the day	Avocado and Feta Cheese	
MAIN MEAL	Pickled Pork with a Creamy Sauce	Suitable for Soft
ALTERNATIVE MEAL	Roasted Vegetable Casserole with Couscous	
Puree	Pork	
Starch	Steamed potato	
Vegetables	Pumpkin /Zucchini	

DESSERT

Dessert	Cheesecake Apple Crumble Flavour
Low Fat/Low Sugar	Apple and Custard
Puree	Apple Custard

DINNER

Soup of the day	Chicken Noodle
EVENING MAIN MEAL	Ham and Cheese Toasties with Garden Salad
Evening Soft Option	Scrambled Eggs and Ham
Puree	Lamb



WEEK 2 - FRIDAY

BREAKFAST

Continental Breakfast
Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day	Ham and Seeded Mustard
Salad of the day	Turkey and Cranberry
MAIN MEAL	Crumbed Fish with Lemon Tartare Sauce
Main Soft Option	Steamed Fish with Lemon Sauce
ALTERNATIVE MEAL	Cheese Omelette
Puree	Fish
Starch	Chips
Vegetables	Mediterranean Pasta Salad

Seafood Allergies

DESSERT

Dessert	Jelly Fruit and Custard
Low Fat/Low Sugar	Diet Jelly and Lite Custard
Puree	Puree fruit and Custard

DINNER

Soup of the day	Cream of Broccoli and Potato
EVENING MAIN MEAL	Sweet and Sour Chicken with Rice
Evening Soft Option	Sweet and Sour Chicken on Mash
Puree	Chicken





Menu

WEEK 2 - SATURDAY

BREAKFAST

Continental Breakfast
Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day
Salad of the day

Egg and Lettuce
Roast Beef and Chutney

MAIN MEAL

Chicken and Mushroom Pie

Food Allergies

Main Soft Option
ALTERNATIVE MEAL

Chicken and Mushrooms
Ham Steak and Pineapple

Food Allergies

Alternative Soft
Puree
Starch
Vegetables

Shaved Ham and Gravy
Creamy Mashed Potato
Carrot /Peas

DESSERT

Dessert
Low Fat/Low Sugar
Puree

Pavlova
Fresh Fruit Salad
Pavlova and Puree Fruit

DINNER

Soup of the day

Hearty Vegetable

EVENING MAIN MEAL

Savoury Mince and Mash

Puree

Sausage





WEEK 2 - SUNDAY

HOT BREAKFAST

Bacon and Eggs

Choice of fresh cut fruit, juice, cereals, porridge, prunes toast, jams

LUNCH

Sandwich of the Day Salmon and Spring Onion
Salad of the Day Shaved Ham and Swiss Cheese

MAIN MEAL Roast Beef with Gravy **Suitable for Soft**
Puree Beef

Starch Roasted Potato
Vegetables Roasted Seasonal Vegetables

DESSERT

Dessert Apricot and Ginger Steamed Pudding
Low Fat/Low Sugar Apricot and Ginger Steamed Pudding
Puree Apricot Puree Fruit and Custard

DINNER

Soup of the day Sweet Potato and Leek

EVENING MAIN MEAL Fish and Chips **Seafood Allergies**

Evening Soft Option Steamed Fish with Soft Vegetables
Puree Fish