



# AUTUMN & WINTER MENU

## WEEK 1

*Choice of hot or cold cereal and fruit bowl  
Served each day from 8:00 am to 8:45am*

*(Contains gluten, milk  
may contain nuts)*

### Lunch

**Monday**

*Vegetable & Tomato Pasta Bake  
Stewed Apple and Custard*

*(Gluten & Milk)  
(Contains milk, may contain  
peanuts, nuts and sesame seeds)*

**Tuesday**

*Corned Beef Hash  
Homemade Rice Pudding & Pear*

*(Contains Gluten, soya and celery)  
(Contains milk)*

**Wednesday**

*Chicken Curry served with Brown Rice  
Melon & Yoghurt*

*(May contain peanuts, nuts and  
sesame seed, eggs, celery, milk &  
Sulphur dioxide)  
(Contains milk)*

**Thursday**

*Pasta Bolognese  
Jelly and Raspberries*

*(Contains Celery & gluten)  
(Contains Sulphur dioxide)*

**Friday**

*Tuna & Herb Plait with beans  
Banana & Custard*

*(Contains milk and gluten)  
(May contain peanuts, sesame seeds)*

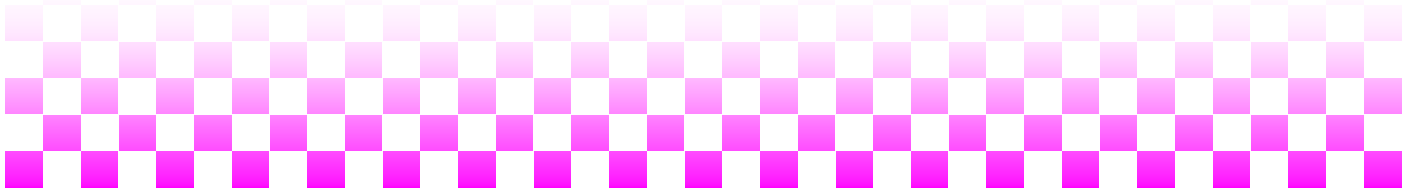
### Afternoon Snack

**Monday  
Tuesday  
Wednesday  
Thursday  
Friday**

*Potato Wedges with Garlic Mayonaise (Mustard, eggs and Sulphur dioxide)  
Mackerel Pate on Crusty Bread (Fish, egg, gluten, soya. May contain nuts)  
homemade Tomato Soup & Croutons (Gluten and milk)  
Fruit Loaf (Egg, gluten, milk & Sulphur dioxide)  
Cheese & Crackers served with Grapes (Gluten and milk)*

*Fresh milk is served with afternoon snack.*

All of the above meals are freshly prepared each day by our full time chef.  
We also provide a vegetarian option which is available on request. *(May contain soya)*





# AUTUMN & WINTER MENU

## WEEK 2

*Choice of hot or cold cereal and fruit bowl  
Served each day from 8:00 am to 8:45am*

*(Contains gluten, milk  
may contain nuts)*

### Lunch

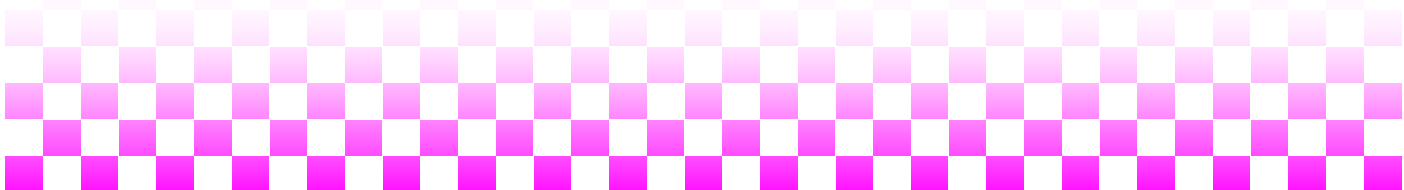
<b>Monday</b>	<i>Tomato &amp; Lentil Lasagne and Garlic bread Blueberry Muffin</i>	<i>(Gluten, milk, celery, sesame seeds) (Contains milk, eggs and gluten)</i>
<b>Tuesday</b>	<i>Sausage Casserole served with Creamed Potato Apricots with Mango Yoghurt</i>	<i>(Contains gluten, celery, milk, soya) (Contains milk, sulphur dioxide)</i>
<b>Wednesday</b>	<i>Salmon and broccoli pasta bake Baked Apple slices and custard</i>	<i>(Contains Gluten, celery, milk) (Contains milk, gluten, may contain peanuts, nuts and sesame seeds)</i>
<b>Thursday</b>	<i>Roast Chicken Dinner Ice Cream and Warm Fruit Coulis</i>	<i>(Gluten, celery, soya) (Milk)</i>
<b>Friday</b>	<i>Pork Hot Pot with vegetables Lemon Sponge Pudding and Custard</i>	<i>(Gluten, celery, soya, milk) (Contains milk, gluten &amp; Eggs)</i>

### Afternoon Snack

<b>Monday</b>	<i>Cheese and Chive Scones</i>	<i>(Contains gluten, milk)</i>
<b>Tuesday</b>	<i>Spaghetti Loops &amp; Toast</i>	<i>(Contains Gluten, milk, eggs &amp; Sulphur Dioxide)</i>
<b>Wednesday</b>	<i>Leek &amp; Potato Soup with Bread &amp; Butter</i>	<i>(Contains Gluten &amp; Celery)</i>
<b>Thursday</b>	<i>High-Veg. Muffin</i>	<i>(Contains gluten, milk)</i>
<b>Friday</b>	<i>Homemade Cheese &amp; Onion Roll</i>	<i>(Contains Gluten, Milk, soya, egg &amp; celery)</i>

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We also provide a vegetarian option which is available on request. *(May contain soya)*





# AUTUMN & WINTER MENU

## WEEK 3

*Choice of hot or cold cereal and fruit bowl  
Served each day from 8:00 am to 8:45am*

*(Contains gluten, milk  
may contain nuts)*

### Lunch

**Monday**

*Cheesy Beancakes & Spaghetti  
Fresh Fruit & Custard*

*(Contains egg)  
(Contains milk, may contain nuts,  
peanuts and sesame seeds)*

**Tuesday**

*Meatballs in Gravy, Creamed potatoes and Peas  
Homemade Flap Jack & Apple Slice*

*(Contains gluten, soya, celery, milk)  
(Contains milk, gluten, soya, may  
contain nuts, peanuts & sesame seeds)*

**Wednesday**

*Chicken Stew & Dumplings  
Homemade Carrot Cake*

*(Gluten, celery, soya)  
(Contains milk, eggs, gluten, may  
contain nuts, nuts & sesame seeds)*

**Thursday** *Fish Pie topped with sweet potato and served with vegetables  
Yoghurt*

*(Contains fish, Gluten,  
celery, milk, soya, milk)*

**Friday**

*Chilli con carne with Brown Rice  
Banana Muffin*

*(Contains gluten, celery)  
(Contains milk, gluten, eggs)*

### Afternoon Snack

**Monday**  
**Tuesday**  
**Wednesday**  
**Thursday**  
**Friday**

*H'made Vegetable Soup & wholemeal bread & butter  
Baked Beans on Wholemeal Toast  
Homemade Sausage Rolls  
Oatcake, Cheese & Apple  
Ham & Vegetable Slice*

*(Contains gluten, milk)  
(Contains gluten, milk)  
(Contains milk, gluten)  
(Contains gluten, egg & milk)  
(Contains gluten, milk & eggs)*

*Fresh milk is served with afternoon snack.*

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We also provide a vegetarian option which is available on request. *(May contain soya)*

