



Senior Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Baked Sausage Frankfurter Grilled Tomato Fried Eggs Pain au Chocolate	Breakfast Quesadillas Bacon & Cheese Cheese & Tomato Baked Beans Hash Browns	Baked Sausage Frankfurter Plum Tomatoes Scrambled Eggs Raspberry Croissant	Continental Sliced Ham Sliced Cheese Boiled Eggs Hot Porridge	Baked Sausage Frankfurter Baked Beans Fried Eggs Chocolate Twist	In House	In House
Daily Staples	Fresh Fruit, Fruit Juices, Preserves, Hot Drinks, Cereals, Toast & Yoghurt						
Lunch	Sweet & Sour with Rice *** Veggie Hot Dog	Slow Cooked Beef Bourguignon *** Macaroni Cheese	Thick Sliced Baked Ham with Mustard Gravy *** Pesto & Mozzarella Turnover	Cottage Pie *** Dhal with Naan	Breaded Fish with Lemon *** Red Onion Tart	Meatballs in Tomato Sauce *** Vegetable Burger	Brunch
Soup	Chef's Choice *** Chicken Goujon Wrap *** Jacket Potato	Chef's Choice *** Sausage Muffin *** Jacket Potato	Chef's Choice *** Tuna Melt Baguette *** Jacket Potato	Chef's Choice *** Salami & Cheese Baguette *** Jacket Potato	Chef's Choice *** Buffalo Chicken Wrap *** Jacket Potato	Chicken & Stuffing Baguette *** Jacket Potato	Jacket Potato
Hot Sarnie							
Assorted Sandwiches							
On the Side	Sautéed Potatoes Peas Cauliflower Cheese	Creamed Potatoes Broccoli Sweetcorn	Roast Potatoes Cabbage Mixed Vegetables	Paprika Wedges Creamy Leeks Sweetcorn	Chunky Chips Peas/Mushy Peas Carrots		
Dessert	Fruit Crumble with Custard	Flapjack	Apple Sponge	Manchester Tart	Creamy Rice Pudding	Fruit & Yoghurt	Fruit & Yoghurt
	Assorted Filled Sandwiches/Rolls						
Salad Bar	Lettuce, Tomato, Cucumber, Crispy Onions, Grated Cheese, Curried Chicken Pasta, Beetroot, Olives, Moroccan Cous Cous, Croutons						
Daily Staples	Fresh Fruit, Yoghurts, Jelly, Condiments, Bread						
Supper	Beef Burger in a Sesame Bun *** Tortellini in Tomato Sauce	Peking Pork Noodles *** Spinach Pasty	Butter Chicken & Rice *** Fish Cakes	'It's a Wrap' Southern Fried Chicken Chilli Beef Fatija Vegetables	Pork Tacos *** Vegetable Spring Rolls	Chicken Milanese *** Chilli Boats *** Cheese & Chive Omelette	Roast Pork with Apple Sauce *** Spaghetti Bolognese *** Vegetable Pasta
Sandwich	Ham Baguette	Chicken Mayonnaise Baguette	Quorn & Egg Muffin	Cheese & Tomato Baguette	Turkey & Cranberry Baguette		
On the Side	Corn Green Beans French Fries Jacket Potato	Sautéed Courgettes Carrots New Potatoes Jacket Potato	Peas Broccoli Spiral Fries Jacket Potato	Sweetcorn Carrots Potato Wedges Jacket Potato	Corn on the Cob Green Beans Sautéed Potatoes Jacket Potato	Spaghetti in Tomato Sauce Corn Jacket Potato	Cabbage Carrots Dauphinoise Potatoes Jacket Potato
Dessert	Apple Turnovers	Fruit Platter	Doughnuts	Fruit Platter	Waffle Bar	Eton Mess Cake	Sticky Toffee Pudding with Cream
Salad Bar	Lettuce, Tomato, Cucumber, Crispy Onions, Grated Cheese, Curried Chicken Pasta, Olives, Croutons						
Daily Staples	Fresh Fruit, Yoghurts, Condiments						