



Sample Weekly Menu Cycle

Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Lamb Grill served with a Fried Egg, Baked Beans & Chips	Beef Steak Pie served with Vegetables, Roast Potatoes and Gravy	Boiled Gammon with Cauliflower Cheese, Vegetable Mix and Croquette Potatoes	Mild & Creamy Chicken Curry served with Rice and Vegetables	Fisherman's Pie served with Vegetables and Parsley Sauce	Homemade Meatballs in Tomato & Pepper Sauce served with Saute Potatoes and Vegetables	Roast Lamb & Mint with Vegetables, Roasted and Mashed Potatoes and Gravy
LUNCH PUDDING	Vanilla Sponge with Custard	Egg Custard topped with Whipped Custard and Nutmeg	Peaches topped with Custard and Whipped Cream	Golden Syrup Cake with Custard	Creamy Rice Pudding topped with Jam	Eve's Pudding with Custard	Coconut Sponge with Custard
TEA	Chicken Salad with Potato Salad, Crisps and Pickles with a	Cheese & Tomato Muffins served hot with Pickles and a Garnish	Freshly Cooked sausage Rolls served with Salad, Pickles, Crisps, Coleslaw and Bread & Butter	Cream of Vegetable Soup with a Roll and Butter	Selection of Sandwiches and Filled Wraps served with Coleslaw, Pickles, Crisps and a Salad Garnish	Quiche served with Chips, Pickles and a Salad Garnish	Buffet tea of Sandwiches, Pickles, Crisps, Coleslaw, Salad and Sausage Rolls
TEA PUDDING	Bakewell Tart with Cream	Chocolate Sponge Cake with Cream	Iced Fairy Cakes topped with Glace Cherries	Citrus Mousse Fool	Fruit Jelly with Whipped Cream	Lemon Sponge Cake and Cream	Trifles



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Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Sausage, Egg and Tomatoes with Hash Browns	Braised Pork served with Vegetables, Roasters and Gravy	Faggots with Mushy Peas, Chips and Gravy	Chicken in a Creamy Mushroom and Pasta Sauce served with Vegetables	Breaded Fish served with Vegetables, Chips and Sauce	Cheese & Potato Pie served with Sausage and Beans	Braised Beef with Yorkshire Pud, Roasters, Vegetables and Gravy
LUNCH PUDDING	Rhubarb Crumble with Custard	Bread & Butter Pudding served with Custard	Banana Splits	Fruit Flan with Whipped Cream	Rice Pudding with Jam	Golden Syrup Cake with Custard	Apple Pie and Custard
TEA	Selection of Sandwiches served with Coleslaw, Pickles, Crisps and Salad Garnish	Jacket Potato served with Cheese and Beans and a Salad	Hot Dogs with Onions served with Crisps and Garnish	Selection of Sandwiches served with Coleslaw, Pickles, Crisps and Salad Garnish	Homemade Soup served with a Roll and Butter	Egg Salad served with Coleslaw, Pickles and Chips	Buffet tea of Sandwiches, Pickles, Crisps, Coleslaw, Salad and Sausage Rolls
TEA PUDDING	Victoria Sponge with Cream	Citrus Sponge served with Evaporated Milk	Bakewell Tart with Cream	Doughnuts	Jam Tarts	Fruit Cake with Cream	Trifles



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Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Beefburger served with Onion Rings, Beans and Chips	Boiled Gammon served with Vegetables, Mash and Parsley Sauce	Chicken Pie served with Roasters, Vegetables and Gravy	Mince Lamb Hot Pot served with Potato Scallops and Vegetables	Salmon served with Vegetables, Chips and Hollandaise Sauce	Chicken in a Tomato Pasta Sauce, topped with Cheese and served with Vegetables	Roast Pork with Apple Sauce, Roasters, Vegetables and Gravy
LUNCH PUDDING	Rice Pudding with Jam	Citrus Sponge with Cream	Chocolate Sponge with Custard	Rhubarb Crumble with Custard	Chocolate Mousse	Vanilla Sponge with Custard	Fruit Pie with Custard
TEA	Baked Beans or Cheese on Toast	Homemade Soup with a Roll and Butter	Ham Salad served with Coleslaw, Pickles and Crisps	Cheese & Tomato Muffins served hot with Pickles and Garnish	Selection of Sandwiches/Rolls with Coleslaw, Pickles, Crisps and Garnish	Pork Pie Salad served with Pickles, Crisps and Coleslaw	Sandwiches, Salad, Pickles, Crisps, Coleslaw and Sausage Rolls
TEA PUDDING	Victoria Sponge with Cream	Doughnuts	Fruit Cake with Fresh Cream	Fruit Flan with Whipped Cream	Dark Ginger Cake with Cream	Fruit and Cream	Blancmanges topped with Whipped Cream



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Week Four

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Sausage Casserole with Roasters and Vegetables	Lamb Burger served with Saute Potatoes, Vegetables and Gravy	Beef Casserole with Dumplings, Potatoes and Vegetables	Beef Cottage Pie served with Vegetables and Gravy	Battered Fish served with Chips, Vegetables and Parsley Sauce	Corned Beef Hash with Eggs and Beans	Roast Chicken Breast with Stuffing, Roasters, Vegetables and Gravy
LUNCH PUDDING	Coconut Sponge with Custard	Banana Splits	Fruit Crumble with Custard	Cheesecake	Chocolate Sponge with Custard	Vanilla & Caramel Sponge with Cream	Apple Crumble with Custard
TEA	Selection of Sandwiches served with Coleslaw, Pickles, Crisps and Salad Garnish	Homemade Soup served with a Roll and Butter	Hot Dogs with Fried Onions and Chips	Selection of Sandwiches with Coleslaw, Pickles, Crisps and Garnish	Cheese Salad, Pickles, Crisps, Potato Salad and a Bread Roll with Butter	Sandwiches/Wraps with Coleslaw, Pickles, Crisps and Garnish	Sandwiches, Salad, Pickles, Crisps, Coleslaw and Sausage Rolls
TEA PUDDING	Buttered Malt Loaf	Coffee Cake with Cream	Scones served with Jam and Clotted Cream	Mandarins topped with Chocolate Mousse	Strawberry Whip	Fancy Fairy Cakes	Trifles