

Week Four

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Stew and Dumplings Chicken Curry and Rice	Beef Curry or Chicken Curry with Rice	Chicken Fajitas Chicken Curry with Rice	Roast Beef with Yorkshire Pudding and Gravy Chicken Curry with Rice	Meat and Potato Pie Chicken Curry with Rice
Vegetarian Stew and Dumplings	Broccoli Quiche Cheese and Tomato Pizza	Macaroni Cheese	Cheese and Onion Pie	Vegetarian Pie
Double Cod Fish Fingers	Salmon Bites	Cod and Salmon Fish Cakes	Fish Pie	Battered Fish with Parsley Sauce
Creamed Potatoes Boiled Potatoes Broccoli Carrots Salad	Creamed Potatoes Boiled Potatoes Garlic Bread Fine Beans Baked Beans Salad	Chips Creamed Potatoes Mange Tout Mushy Peas Salad	Creamed Potatoes Roast Potatoes Cabbage Carrots Salad	Creamed Potatoes Parsley Potatoes Broccoli Green Beans Salad
Mixed Berry Sponge with Custard Weetabix Cake Shortbread Biscuits	Chocolate Fudge Cake with Custard Orange Cookies Fruit Flapjack	Bakewell Tart with Custard Angel Delight Ginger Biscuits	Fruity Rice Pudding Fruit Cake Yo Yo Biscuits	Paris Sandwich with Custard Date Loaf Chocolate Crunch



Daily: Freshly Made Sandwiches, hot and cold. Soup. Bread Rolls. Jacket Potatoes. Salad Bar. Fresh Fruit. Home made Yoghurt.
Pasta with a variety of meat and vegetarian sauces.