

**Week
Four**



	Monday	Tuesday	Wednesday	Thursday	Fun Day Friday
Main Meals Meat	BBQ Pork served on a bed of Boiled Rice	Chicken Madras served with White Rice and Coriander Naan	Roast Topside of Beef with Yorkshire's Roast Potatoes and Gravy	Shepherds Pie	Chicken Nuggets. Spicy Chicken Goujons for Seniors
Main Meals Vegetarian	Egg and Vegetable Fried Rice with Garlic Bread	Spanish Omelette with Herby Diced Potatoes	Cheese Panini served with Potato Crisps	Cheese and Tomato Pizza Slab with Potato Crisps	Tomato and Basil Pasta Bake
Jacket Potato	Baked Beans or Grated Cheese	BBQ Pork or Grated Cheese	Chicken Madras or Grated Cheese	Tuna Mayonnaise or Grated Cheese	Baked Beans or Grated Cheese
House Vegetables	Garden Peas and Sliced Carrots	Garden Peas and Sliced Carrots	Garden Peas and Sliced Carrots	Garden Peas and Sliced Carrots	Garden Peas
Vegetable or Pulse of the Day	Sweetcorn	Mixed Vegetables	Brussel Spouts	Whole Green Beans	Baked Beans
Sandwich Choice	Today's Meat Choice, Cheese or Tuna with Potato Crisps	Today's Meat Choice, Cheese or Tuna with Potato Crisps	Today's Meat Choice, Cheese or Tuna with Potato Crisps	Today's Meat Choice, Cheese or Tuna with Potato Crisps	Today's Meat Choice, Cheese or Tuna with Potato Crisps
Cold Deli	FRESHLY BAKED BREAD & SALAD AVAILABLE DAILY (Lettuce, Tomato and Cucumber) Plus a Chef's Choice				
Dessert of the Day	Iced Muffin Tray Bake	Chocolate Chip Chocolate Cake with Chocolate Sauce	Mike's Flapjack	Iced Vanilla Sponge with Hundreds and Thousands	Fruit Cocktail served with Squirry Cream
Cold Dessert Choices	A SELECTION OF YOGHURTS, FRESH FRUITS, JELLIES AND CREAM CRACKERS WITH BUTTER DAILY				