

MENU PLAN: Week 2.

There is a separate menu for residents who are vegetarian and those who require a soft diet.				
Each day should offer a choice of at least two main dishes and a hot and cold dessert.				
DAY	OPTION 1	OPTION 2	OPTION 3:	DESSERT
Monday	Toad in the hole, mashed potato and peas with gravy.	Cheese and ham omelette, potato waffles and baked beans.	Sliced chicken, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Prunes & custard OR Cheesecake.
Tuesday	Fish pie, mashed carrots and swede.	Hunters chicken, bubble and squeak, mashed carrots and swede.	Tuna mayo, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Chocolate sponge & custard OR Strawberry gateaux.
Wednesday	Beef stew and dumplings roast potatoes, green beans and cabbage.	Corned beef hash, green beans and cabbage.	Sliced beef, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Apple crumble and custard OR Jelly and cream.

Thursday	Cheese and onion pie, Mashed potato, cauliflower and broccoli.	Chicken curry, boiled rice and naan bread.	Sliced ham, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Tapioca and jam OR Pears and ice cream.
Friday	Scampi, chips, peas and tartar sauce.	Homemade sausage rolls, chips and baked beans.	Cheese, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Jam roly poly with custard OR Tiramisu with whipped cream.
Saturday	Beef lasagne with garlic bread. .	Minced lamb Lancashire Hotpot With green beans	Boiled egg, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Bananas and custard OR Mint vienetta.
Sunday	Roast beef, roast potatoes, sprouts, honey glazed parsnips, Yorkshire pudding and gravy.			Lemon drizzle cake and custard OR Red velvet cake with whipped cream.