

**MENU PLAN: Week 4.**

**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
<b>Monday</b>	Sausage casserole, mashed potato and peas with onion gravy.	Liver, bacon and onions, mashed potato and peas.	Sliced chicken, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Prunes & custard OR Sherry trifle.
<b>Tuesday</b>	Fish cakes, bubble and squeak, mashed carrots and swede.	Chicken in honey and mustard sauce, bubble and squeak, mashed carrots and swede.	Tuna mayo, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Prunes & custard OR Black forest gateaux.
<b>Wednesday</b>	Beef stroganoff, roast potatoes, green beans and cabbage.	Corned beef hash, green beans and cabbage.	Sliced beef, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Peach crumble and custard OR Jelly and ice cream..

<b>Thursday</b>	Minced beef and onion pie, Mashed potato, cauliflower and broccoli.	Chicken and bacon carbonara with grated cheese.	Sliced ham, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Semolina and jam OR Fruit cocktail flan with whipped cream.
<b>Friday</b>	Fish goujons, chips, peas and tartar sauce.	Chicken curry, boiled rice and naan bread.	Cheese, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Sticky toffee pudding with custard OR Chocolate fudge cake with whipped cream.
<b>Saturday</b>	Pork chops, new potatoes and green beans. .	Spaghetti bolognese and garlic Bread.	Boiled egg, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Bananas and custard OR Mint vienetta
<b>Sunday</b>	Roast beef, roast potatoes, sprouts, honey glazed parsnips, Yorkshire pudding and gravy.			Treacle sponge and custard OR Cheesecake.