

# Week 5: 4<sup>th</sup> February 2019

## Breakfast and Lunch



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>		SAUSAGE, SCRAMBLED EGG AND HASH BROWNS	BACON, FRIED EGGS AND BAKED BEANS	PAIN AUX RAISIN, SAUSAGE AND BAKED BEANS	BACON, SAUSAGE AND BAKED BEANS	AMERICAN PANCAKES WITH MAPLE SYRUP
	FRESH PORRIDGE, SOFT BOILED EGGS, TOAST WITH A SELECTION OF PRESERVES FRESH FRUIT, HOMEMADE YOGHURT, A SELECTION OF CEREALS					
<b>LUNCH</b>						
<b>MAIN OPTION 1</b>	SAUSAGE AND CHORIZO PASTA IN A TOMATO SAUCE	BEEF CHILLI CON CARNE	CHICKEN AND HAM PIE WITH GRAVY	ROAST BEEF, YORKSHIRE PUDDING AND GRAVY	SALMON FISH FINGERS OR BREADED SCAMPI	COTTAGE PIE WITH GRAVY
<b>MAIN OPTION 2</b>	BUTTERNUT SQUASH AND SWEET POTATO TAGINE WITH RICE	MIXED BEAN CHILLI	ROASTED PEPPER AND FETA FRITATTA	GNOCCHI IN A TOMATO AND PESTO SAUCE	BROCCOLI AND STILTON QUICHE	FILLED BAGUETTES
<b>LIGHT BITES</b>	JACKET POTATOES HOMEMADE SOUP	FILLED PITTA BREADS	PASTA IN TOMATO SAUCE	JACKET POTATOES	SWEET POTATO WEDGES	JACKET POTATOES
<b>SIDES</b>	GARLIC DOUGHBALLS SWEET CORN SUGAR SNAPS	TORTILLA CHIPS CARROTS ROASTED VEGETABLES STEAMED RICE	NEW POTATOES CARROT & SWEDE MASH GREEN BEANS	ROASTED POTATOES CAULIFLOWER CHEESE SAVOY CABBAGE	CHIPPED POTATOES BAKED BEANS GARDEN PEAS	MEDLEY OF VEGETABLES
<b>SALAD BAR &amp; BREAD</b>	SELECTION OF HOMEMADE SALADS AND HOMEMADE BREAD					
<b>DESSERTS</b>	PLUM CRUMBLE WITH CUSTARD	SYRUP SPONGE WITH CUSTARD	CHOCOLATE BROWNIE	CHERRY BAKEWELL WITH CUSTARD	CHOCOLATE CRUNCH WITH CHOCOLATE SAUCE	PROFITEROLES