



LUNCH MENU WEEK 1

MONDAY

Chicken, Leek & Bacon Flan
Asparagus & Ricotta Flan
Sautéed potatoes & Assorted Salads
Hot & Cold Sweets

TUESDAY

Roast Loin of Pork with Apple Sauce & Stuffing
Beetroot, Wild Mushroom & Potato Gratin
Roast Potatoes & Cabbage
Hot & Cold Sweets

WEDNESDAY

Moroccan Style Baked Lamb
Aubergine & Chickpea Stew
Spring Onion Cous Cous & Broccoli
Hot & Cold Sweets

THURSDAY

Cottage Pie
Cheesy Potatoes with Caramelized Red Onion
Duchesse Potatoes & Green Beans
Hot & Cold Sweets

FRIDAY

Fried Fish of the Day with Homemade Tartare Sauce
Battered Vegetable & Tofu Kebab with Sweet & Sour Dip
Fried Potatoes & Peas
Hot & Cold Sweets



DINNER MENU WEEK 1

MONDAY

Braised Steak Provençale
Polenta & Vegetable Bake
Creamed Potatoes & Cauliflower
Hot & cold Sweets

TUESDAY

Chicken Jalfrezi
Parsnip & Cashew Biryani
Both Served with Pilaff Rice & Pickles
Hot & Cold Sweets

WEDNESDAY

Macaroni with Leeks & Bacon in a Cheese Sauce
Macaroni with Walnuts & Leeks in a Cheese Sauce
Herb Breads
Cold Sweets

THURSDAY

Community Soup Night

FRIDAY

Baked Potato
Various Fillings
Salads



LUNCH MENU WEEK 2

MONDAY

Selection of Meat Pizza
Cheese, Tomato & Mushroom Pizza
Homemade Salads
Hot & Cold Sweets

TUESDAY

Roast Chicken with Apricot Stuffing
Rosti Potato & Tofu served with a tomato & Ginger Sauce
Roast Potatoes & Broccoli
Hot & Cold Sweets

WEDNESDAY

Ham & Mushroom Vol Au Vent
Ratatouille & Bean Vol Au Vent
Jacket Wedges & Peas
Hot & Cold Sweets

THURSDAY

Steak & Ale Pie
Wild Mushroom, Stilton, Chestnut & Ale Pie
Creamed Potatoes & Mixed Vegetables
Hot & Cold Sweets

FRIDAY

Grilled Trout with Almond Butter Sauce
Potato, Red Onion & Feta Frittata
Parmentier Potatoes & Green Beans
Hot & Cold Sweets



DINNER MENU WEEK 2

MONDAY

Lamb & Vegetable Hotpot
Sweet & Sour Mixed Bean & Vegetable Hotpot
Parisian Potatoes & Cauliflower
Hot & Cold Sweets

TUESDAY

Pork Chop Provençale
Butternut, Sweet Potato & Walnut Strudel with Provençale Sauce
Savoury Potatoes & Cabbage
Hot & Cold Sweets

WEDNESDAY

Westcott Lasagne
Roasted Vegetable Lasagne with Feta Cheese Crunch
Garlic Bread
Cold Sweets

THURSDAY

Charity Soup Night

FRIDAY

Baked Potato
Various Fillings
Salads



LUNCH MENU WEEK 3

MONDAY

Minced Beef Tacos
Vegetable & Tofu Tacos
Assorted Salads
Hot & Cold Sweets

TUESDAY

Roast Leg of Lamb with Minted Gravy
Chestnut & Wild Mushroom Stroganoff
Roast Potatoes & Cabbage
Hot & Cold Sweets

WEDNESDAY

Pork Chop with ½ Tomato & Mushrooms
Spicy Bean & Lentil Loaf with Cucumber & Mint Yogurt
Jacket Wedges & Mixed Vegetables
Hot & Cold Sweets

THURSDAY

Beef & Vegetable Cobbler
Tofu & Vegetable Hotpot with Cheese Triangles
Creamed Potatoes & Carrots
Hot & Cold Sweets

FRIDAY

Fish Cakes of the Day
Greek Cheese & Potato Patties
Both served with Coriander & Parsley Sauce
Chips & Peas
Hot & Cold Sweets



DINNER MENU WEEK 3

MONDAY

Chicken in a Lemon & Tarragon Sauce
Coriander Omelette Parcels with Oriental Vegetables
Croquette Potatoes & Broccoli
Hot & Cold Sweets

TUESDAY

Beef Burger in a Bun
Spiced Bean & Vegetable Burger in a Bun
Both served with Cheese, Onions & Relish
Fried Potatoes & Baked Beans
Hot & Cold Sweets

WEDNESDAY

Tuna & Tomato Pasta Bake
Fennel, Tomato & Blue Cheese Bake
Herb Bread
Cold Sweets

THURSDAY

Charity Soup Night

FRIDAY

Baked Potato
Various Fillings
Salads



LUNCH MENU WEEK 4

MONDAY

Beef Tortilla Wraps
Vegetable Tortilla Wraps
Assorted Salads
Hot & Cold Sweets

TUESDAY

Roast Beef & Yorkshire pudding
Wild Mushroom & Chestnut Bourguignonne
Roast Potatoes & Broccoli
Hot & Cold Sweets

WEDNESDAY

Pork Sausage & White Bean Catalan
Vegetable Paella
Savoury Potatoes & Carrots
Hot & Cold Sweets

THURSDAY

Thai Green Chicken Curry with Jasmine Rice
Thai Tofu Cakes with Peanut Noodles & Sweet Dipping Sauce
Hot & Cold Sweets

FRIDAY

Poached Fish of the Day
Creamy Vegetable Kiev
Both served with a Tomato & Basil Sauce
New Potatoes & Mixed Vegetables
Hot & Cold Sweets



DINNER MENU WEEK 4

MONDAY

Pork Goulash
Cajun & Cashew Vegetables
Roasted Vegetables & Noodles
Hot & Cold Sweets

TUESDAY

Chicken Maryland
Stuffed Butternut Squash with Goats Cheese Crumble
Jacket Wedges & Peas
Hot & Cold Sweets

WEDNESDAY

Cannelloni Bolognese Au Gratin
Spinach & Ricotta Cannelloni Au Gratin
Garlic Bread
Cold Sweets

THURSDAY

Charity Soup Night

FRIDAY

Baked Potato
Various Fillings
Salads



LUNCH MENU WEEK 5

MONDAY

Grilled Gammon & Pineapple
Spanish Omelette
Duchesse Potatoes & Ratatouille
Hot & Cold Sweets

TUESDAY

Homemade Mousaka
Homemade Vegetable Mousaka
Garlic Bread
Hot & Cold Sweets

WEDNESDAY

Ham, Leek & Mushroom Pie
Vegetable Filo Pie
Savoury Potatoes & Green Beans
Hot & Cold Sweets

THURSDAY

Grilled Sausages with Onion Gravy
Vegetable Kashmiri with Rice
Creamed Potatoes & Cabbage
Hot & Cold Sweets

FRIDAY

Grilled Catch of the Day with Caper & Gherkin Butter
Roasted Mixed Seed & Swiss Chard Risotto
Chips & Peas
Hot & Cold Sweets



DINNER MENU WEEK 5

MONDAY

Chilli Garlic Chicken
Mixed Bean & Rice Stuffed Pepper with Vegetable Jus
Savoury Rice & Pickles
Hot & cold Sweets

TUESDAY

Beef Olives Bourguignonne
Sweet Potato & Asparagus Quinoa Pilaff with Pomegranate Dressing
Parmentier Potatoes & Peas
Hot & Cold Sweets

WEDNESDAY

Spaghetti Bolognaise
Spaghetti with Courgettes, Walnuts & Sun Dried Tomatoes
Garlic Bread
Cold Sweets

THURSDAY

Community Soup Night

FRIDAY

Baked Potato
Various Fillings
Salads