



LUNCH

Monday February 6th

**Coq au vin (chicken in a red wine,
mushroom and bacon sauce)
Lentil leek and cheese bake (v)**

**New potatoes
Peas
Cauliflower
Assorted salads**

**Eton Mess with mixed berries
Fresh fruit and yoghurts**



SUPPER

Monday February 6th

**Fish and prawn pie with boiled eggs
Spinach and mushroom Pasta (v)**

**Sweet corn
Roast pepper with red onions
Assorted salads**

**Bakewell Tart and custard
Fresh fruit and yoghurts**



LUNCH

Tuesday February 7th

**Honey roasted gammon with a tomato and
white wine sauce**

Stir-fried vegetable and quorn (v)

Olive-oil mash potatoes

Green beans

Roast parsnips

Assorted salads

**Italian styled rice pudding-
with lemon and cream**

Fruit & yoghurts



SUPPER

Tuesday February 7th

**Greek style lamb stew with feta cheese,
tomato, garlic and black olives**

Lentil and vegetable stew (v)

Roast new potatoes with thyme

Fried courgettes

Baton carrots

Assorted salads

**Raspberry cranakins– honey cream and
Toasted oats**

Fruit and yoghurts



LUNCH

Wednesday February 8th

**Italian style lamb meat-balls
Pasta in a leek and cream sauce (v)**

**Buttered penne
Peas
Cauliflower gratin
Assorted salads**

**Black cherry and almond slice
Fruit & yoghurts**



SUPPER

Wednesday February 8th

**Turkey and ham pie topped with
cheese and mashed potato
Vegetable pie (v)**

**Spicy wedge potatoes
Broccoli with sesame seeds
Roast squash
Assorted salads**

**Queen of puddings
Fruits and yoghurts**



LUNCH

Thursday February 9th

Beef Stroganoff

(cream, brandy and parsley sauce)

Vegetable and lentil stew (v)

Savoury rice

Assorted salads

Brussel sprouts

Sweet corn

Lemon and orange tart

Fruit & yoghurts



NO SUPPER

Thursday February 9th



LUNCH

Friday February 10th

Sole with a lemon, dill and cream sauce

Mushroom risotto (v)

Chips

Baked tomatoes with a basil and herb crust

Peas

Assorted salads

Banoffee pie

Fruit & yoghurts



SUPPER

Friday February 10th

Lamb Tikka

Courgette and Quorn fricasse (v)

Assorted salads and condiments

Savoury rice

Sweet corn

Stir-fry leeks and mushrooms

Fruit salad with fresh ginger syrup

Fruit & yoghurts



LUNCH

Saturday February 11th

**Fuselli with prawns in a red sauce
(red peppers, red onions, chilli and
Tomatoes)**

Vegetable and Quorn stir-fry (v)

Roasted squash

Green beans with caramelised onions

Assorted salads

Lemon polenta cake

Fruit & yoghurts



SUPPER

Saturday February 11th

**Pork ribs and chicken pieces
in a barbeque sauce
Noodles with chilli and vegetables (v)**

Assorted salads

Wedge potatoes with herbs

Peas

Roasted peppers and red onion

Apricot and walnut pudding

with toffee sauce

Fruit & yoghurts



LUNCH

Sunday February 12th

**Roast beef and horse radish sauce
Baked stuffed tomatoes (V)**

**Roast potatoes
Red cabbage
Roast parsnips
Carrots and sweet corn**

**Apple, pear and sultana crumble
with custard
Fruit & yoghurts**



NO SUPPER