



Monday 29 October

LUNCH

**Beef goulash with onions, diced
potatoes and paprika
Vegetable and bean casserole (V)**

**Mashed potatoes
Green beans
Baked tomatoes with herbs
Assorted salads**

**Apple and apricot puff pastry pie
Fresh fruit and yoghurts**



Monday 15 October

NO SUPPER



Tuesday 30 October

LUNCH

**Pork steak "Milanaise" - Parmesan and
breadcrumb topping with a ham and
mushroom sauce
Vegetable stir-fry (V)**

**Boulangier potatoes
Savoy cabbage
Glazed carrots
Assorted salads**

**Treacle tart and custard
Fresh fruit and yoghurts**



Tuesday 30 October

SUPPER

**Thai red chicken curry with mushrooms,
new potatoes and green peppers
Quorn and leek bake (V)**

**Coconut rice
Sweet corn
Assorted salads**

**Apple Malvern - hot apple and meringue
Fresh fruit and yoghurts**



Wednesday 31 October

LUNCH

**Pasta bolognaise bake
Mushroom Bourguignon served with
buttered pasta (V)**

**Peas and carrots
Cauliflower cheese
Assorted salads**

**Winter fruits with dumplings
Fresh fruit and yoghurts**



Wednesday 31 October

SUPPER

**Prawn and haddock gratin topped with
sliced potatoes, cheese and tomatoes
Courgette and lentil gratin (V)**

**Homemade chips
Sweet corn
Stir-fried courgettes and garlic
Assorted salads**

**Chocolate and orange mousse
Fresh fruit and yoghurts**



Thursday 1 November

LUNCH

**Sweet and sour pork
Pasta Napolitano (V)**

**Egg noodles
Roasted peppers and red onions
Cabbage with garlic and sesame seed oil
Assorted salads**

**Rice pudding with a raspberry sauce
Fresh fruit and yoghurts**



Thursday 1 November

NO SUPPER



Friday 2 November

LUNCH

**Plaice with cream and white wine
Mushrooms in a cream and
tarragon sauce (V)**

**Oven chips
Carrots and peas
Broccoli with sesame seeds
Assorted salads**

**Walnut and apricot pudding
Fresh fruit and yoghurts**



Friday 2 November

SUPPER

**Baked ham with a Bordelaise sauce, red
wine, pepper corns, vinegar and bay leaves
Baked aubergines (V)**

**Mashed potatoes with chives and mustard
Red cabbage
Green beans with caramelized red onions
Assorted salads**

**Chocolate torte
Fresh fruit and yoghurts**



Saturday 3 November

LUNCH

**Lemon and lime chicken
Deep fried brie (V)**

**Savoury pilaf rice
Sweet corn and mixed peppers
Cabbage with garlic butter
Assorted salads**

**Apple and apricot cobbler
Fresh fruit and yoghurts**



Saturday 3 November

SUPPER

**Lamb stew and dumplings
Vegetable stew and dumplings (V)**

**Assorted salads
Minted new potatoes
Cauliflower
Peas**

Roasted courgettes

**Chocolate torte
Fresh fruit and yoghurts**



Sunday 4 November

LUNCH

**Roast Beef with horseradish sauce
Nut Wellington (V)**

**Roast potatoes
Broccoli**

**Roasted carrots with mustard honey
Pureed mixed root vegetables**

**Marmalade bread and butter pudding
Fresh fruit and yoghurts**



Sunday 4 November

NO SUPPER