

Week Commencing		Sitting	First 12.30pm	Name & Flat Number		
			Second 1.15pm			
	<b>Hot 1</b>	<b>Hot 2</b>	<b>Jacket Potato</b>	<b>Light 1</b>	<b>Dessert 1</b>	<b>Fresh Fruit Yoghurt Cheese &amp; Biscuits Ice Cream (Please select one)</b>
	Please choose <b>ONE</b> from this section.				Please choose <b>ONE</b> from this section	
<b>Monday</b>	Lasagna with garlic bread & side salad	Quiche cheese and broccoli with side salad	Tuna mayo or prawn with side salad	Avocado salad	Lemon meringue	<b>Fresh Fruit Yoghurt Cheese &amp; Biscuits Ice Cream</b>
<b>Tuesday</b>	Chicken curry with rice	Vegetable fried rice with side salad	Coronation chicken or beans with side salad	Sticky BBQ ribs with side salad	Cornetto	<b>Fresh Fruit Yoghurt Cheese &amp; Biscuits Ice Cream</b>
<b>Wednesday</b>	Cod in parsley sauce with new potatoes & vegetables	Tomato basil pasta with side salad	Tuna mayo or cheese with side salad	Ploughmans	Berry Roulade	<b>Fresh Fruit Yoghurt Cheese &amp; Biscuits Ice Cream</b>
<b>Thursday</b>	Carbonara with side salad	Avocado poached egg on muffin with side salad	Chicken bacon mayo with side salad	Ham or cheese salad with a roll	Mixed Melon with Cream	<b>Fresh Fruit Yoghurt Cheese &amp; Biscuits Ice Cream</b>
<b>Friday</b>	Chicken burger & chips side salad	Quorn sausage chips and peas	Beans or coronation chicken with side salad	Pork pie with piccalilli side salad	Chocolate cake	<b>Fresh Fruit Yoghurt Cheese &amp; Biscuits Ice Cream</b>
<b>Saturday</b>	Sausage casserole with mash vegetables	Mac & cheese with side salad	Tuna mayo or prawn mayo with side salad	Samosas with mango dip side salad	Ice Cream	<b>Fresh Fruit Yoghurt Cheese &amp; Biscuits Ice Cream</b>
<b>Sunday</b>	Roast chicken with seasonal vegetables	Califower cheese roast	Cheese or beans with side salad	Egg and beetroot salad	Cheesecake	<b>Fresh Fruit Yoghurt Cheese &amp; Biscuits Ice Cream</b>