

## **LUNCH MENU**

**Healthier Choice HE** Higher Energy

Suitable for Vegetarians

Easy to Chew

All menu items are suitable for people with Diabetes, taken in moderation. For healthier choices. look for the heart symbol. \(\psi\)

Allergen Advice - if you require any allergen advice please ask a member of staff.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Salmon Bake EC HE  Cottage Pie EC HE  Vegetable & Lentil Stew with Dumplings HE V	Shepherds Pie EC HE   Chicken Korma HE  Vegetable Curry V	Lancashire Hoptpot HE  Fish in Parsley Sauce EC ♥  Vegetable Lasagne EC ♥ V	Beef Lasange EC HE  Chicken Hotpot  Vegetarian Sausages  V	Chicken & Mushroom Pie HE ♥  Battered Fish HE ♥  Macaroni Cheese EC HE V	Shepherds Pie  EC ♥  Braised Sausage with Onions HE  Broccoli & Herb Quiche HE V	Roast Chicken  Fish Pie with Potato Topping EC   Vegetable & Casserole with Dumplings
Enriched Potato Mash EC HE  Parmentier Potatoes HE  Broccoli EC ♥  Vegetable Medey EC ♥	Enriched Potato Mash EC HE  Boiled Rice EC HE ♥  Cauliflower EC ♥  Mixed Vegetables ♥	Enriched Potato Mash EC HE  Parmentier Potatoes HE  Carrots EC ♥  Garden Peas HE ♥	Enriched Potato Mash EC HE  Steamed Potatoes EC ♥  Broccoli EC ♥  Sweetcorn HE ♥	Enriched Potato Mash EC HE Chips Carrots EC ♥ Garden Peas HE ♥	Enriched Potato Mash EC HE  Saute Potatoes HE  Cauliflower EC ♥  Green Beans ♥	HE ♥ V  Enriched Potato Mash EC HE  Roast Potatoes HE  Carrots EC ♥  Broccoli EC ♥
Lemon Curd Sponge EC HE V Custard EC V	Pear & Chocolate Crumble <b>HE V</b> Custard <b>EC V</b>	Rhubarb & Apple Crumble EC HE V Custard EC V	Bread & Butter Pudding <b>HE V</b> Custard <b>EC V</b>	Apple Crumble EC HE V Custard EC V	Jam Sponge EC HE V  Custard EC V	Sticky Toffee Pudding EC HE V  Custard EC V
Yoghurt EC V	Yoghurt EC V	Yoghurt EC V	Yoghurt EC V	Yoghurt EC V	Yoghurt EC V	Yoghurt EC V

**Tinned Fruit** of the Day ♥

Ice Cream EC V Ice Cream EC V

Yoghurt EC V

**Tinned Fruit** of the Day ♥

Ice Cream EC V

**Tinned Fruit** 

of the Day •

Yoghurt EC V

**Tinned Fruit** of the Day ♥ Ice Cream EC V Yoghurt EC V

**Tinned Fruit** of the Day ♥

Ice Cream EC V

**Tinned Fruit** 

Ice Cream EC V

of the Day ♥

**Tinned Fruit** 

of the Day ♥ Ice Cream EC V



of the Day ♥

Ice Cream EC V

of the Day ♥

Ice Cream EC V

## **SUPPER MENU**

of the Day ♥

Ice Cream EC V

Healthier Choice

**HE** Higher Energy

V Suitable for Vegetarians

of the Day ♥

Ice Cream EC V

EC Easy to Chew

All menu items are suitable for people with Diabetes, taken in moderation. For healthier choices, look for the heart symbol. ♥

**Allergen Advice** - if you require any allergen advice please ask a member of staff.

of the Day ♥

Ice Cream EC V

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tomato & Lentil Soup EC V	Carrot & Corriander Soup EC HE V	Pea & Mint Soup HE ♥ V	Creamy Vegetable Soup EC V	Creamy Tomato Soup EC <b>HE V</b>	Chicken & Vegetable Soup EC HE	Cheddar & Spring Onion Soup EC HE V
Chicken & Tomato Pasta <b>HE ♥</b>	Pasta Bolognaise EC ♥	Cottage Pie EC HE V	Salmon & Potato au Gratin	Corned Beef Hash EC ♥	Steak & Mushroom Pie <b>HE ♥</b>	Beef & Onion Pie HE ♥
Cheese Omelette EC V	Vegetable Hotpot HE ♥ V	Macaroni Cheese EC HE	HE ♥ Cheese Omelette EC V	Vegetable Lasagne EC <b>HE V</b>	Cauliflower Cheese EC V	Cauliflower & Broccoli Pasta EC HE V
Enriched Potato Mash EC <b>HE</b>	Enriched Potato Mash EC HE	Enriched Potato Mash EC <b>HE</b>	Enriched Potato Mash EC <b>HE</b>	Enriched Potato Mash EC HE	Enriched Potato Mash EC <b>HE</b>	Enriched Potato Mash EC HE
Saute Potatoes <b>HE</b> Baked Beans	Steamed Skin on Potatoes ♥	Saute Potatoes HE  Sweetcorn HE ♥	Parmentier Potatoes	Saute Potatoes <b>HE</b> Broccoli <b>EC</b> ♥	Croquette Potatoes <b>HE</b>	Sweet Potato Mash EC HE
EC HE	Green Beans ♥	Broccoli EC ♥	<b>HE</b> Green Beans ♥	Vegetable Medley	Cabbage ♥	Vegetable Medley EC ♥
Broccoli <b>EC ♥</b>	Carrots <b>EC ♥</b>		Baked Beans EC HE	EC ♥	Carrots <b>EC ♥</b>	Sweetcorn <b>HE ♥</b>
Apple & Blackberry Pie <b>HE V</b>	Eves Pudding EC HE V	Apple Pie HE V	Fruits of the Forrest Sponge EC HE V	Syrup Sponge EC <b>HE V</b>	Pineapple Sponge Pudding EC HE V	Plum & Apple Crumble EC HE V
Carrot Cake EC HE V	Chocolate Cake  EC HE V	Fruit Cake <b>HE V</b>	Ginger Cake EC HE V	Carrot Cake EC HE V	Chocolate Cake  EC HE V	Fruit Cake <b>HE V</b>
Custard EC V	Custard EC V	Custard EC V	Custard EC V	Custard EC V	Custard EC V	Custard EC V
Yoghurt EC V	Yoghurt EC V	Yoghurt EC V	Yoghurt EC V	Yoghurt EC V	Yoghurt EC V	Yoghurt EC V
Tinned Fruit	Tinned Fruit	Tinned Fruit	Tinned Fruit	Tinned Fruit	Tinned Fruit	Tinned Fruit

of the Day ♥

Ice Cream EC V

of the Day ♥

Ice Cream EC V