

LUNCH MENU – WEEK 1

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Soup of the Day	Spring Vegetable	Cream of Chicken	Green Split Pea	Lentil	Yellow Split Pea	Chicken Noodle	Scotch Broth
<u>Main 1</u>	Steak Pie	Lamb Hot Pot	Breaded Haddock	Corned Beef Stovies	Cheese & Bacon Flan		
Potatoes Vegetables	Whole Baby Potatoes Brussel Sprouts	Creamed Potatoes Farmhouse Mix	Diced Potatoes Mushy Peas	Baked Beans	Roast Potatoes Sliced Carrots		
<u>Main 2</u>	Cheese & Tomato Pizza	Vegetable Turnovers	Quorn Curry & Rice	Pasta Spirals & Cheese Sauce	Vegetarian Haggis		
Potatoes Vegetables	Roast Potatoes Whole Baby Carrots	Roast Potatoes Farmhouse Mix	Diced Carrots & Diced Swede	Diced Potatoes Garden Peas	Creamed Potatoes Diced Swede		
Sandwich Option	Tuna Mayonnaise	BLT	Coronation Chicken	Sliced Roast Beef Salad	Boiled Egg & Tomato	Sliced Turkey	Sliced Ham & Tomato
Sweet Option	Carrot Cake & Vanilla Sauce	Caramel Flan & Custard	Jelly Fruit & Cream	Rice Pudding & Mandarins	Jam & Coconut Sponge & Custard	Mars Bar Slice	Iced Gingerbread

TEAS MENU – WEEK 1

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Soup of the Day	Carrot & Coriander	Minestrone	Chicken Broth	Scotch Broth	Cream of Vegetable	Potato & Leek	Spring Vegetable
<u>Main 1</u>	Beef Olives	Mince	Roast Turkey & Stuffing	Braised Pork Sausages in Gravy	Chicken Casserole	Steak Pie	Roast Beef & Yorkshire Pudding
Potatoes Vegetables	Whole Potatoes Whole Baby Carrots	Creamed Potatoes Diced Carrots Diced Swede	Roast Potatoes Broccoli	Cheddar Mash Garden Peas	Potato Croquettes Sliced Carrots	Whole Baby Potatoes Farmhouse Mix	Roast Potatoes Brussel Sprouts
<u>Main 2</u>	Chicken Curry & Rice	Chicken Tikka Masala & Rice	Cheese & Ham Pizza	Fishermans Pie	Lamb Korma & Rice	Lasagne	Lorne Sausage in Gravy
Potatoes Vegetables	Sliced Carrots Garden Peas	Farmhouse Mix Whole Baby Carrots	Duchesse Potatoes Garden Peas	Garden Peas Diced Carrots	Baby Carrots Farmhouse Mix	Whole Baby Potatoes Farmhouse Mix	Creamed Potatoes Brussel Sprouts
<u>Main 3</u>	Cheese & Onion Loaf	Vegetable Stovies	Mixed Bean Casserole	Vegetarian Stew & Cobbler	Cheese & Tomato Pie	Vegetables in Black Bean Sauce & Rice	Pasta Spirals in Cheese Sauce
Vegetarian Option Potatoes Vegetables	Hash Browns Fluted Carrots	Diced Carrots & Diced Swede	Potato Croquette Baby Carrots	Creamed Potatoes Garden Peas	Potato Croquettes Sliced Carrots	Farmhouse Mix Diced Swede	Potato Croquettes Garden Peas
<u>Meal 4</u>							
Sandwich Option	Sliced Boiled Egg	Roast Beef Salad	Corned Beef & Tomato	Turkey & Coleslaw	Tuna & Cucumber	Coronation Chicken	Egg Mayonnaise
Sweet Option	Iced Mincemeat Tart & Custard	Autumn Apple Sponge & Vanilla Sauce	Fruit Sponge & Cream	Rainbow Pudding & Raspberry Sauce	Semolina & Fruit Cocktail	Chocolate Sponge & Custard	Cherry Cake & Strawberry Sauce

LUNCH MENU – WEEK 2

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Soup of the Day	Minestrone	Cream of Mushroom	Lentil	Scotch Broth	Green Split Pea	Cream of Vegetable	Potato & Leek
<u>Main 1</u>	Bacon Steak & Pineapple	Black Pudding, Omelette & Bacon	Roast Beef & Gravy	Mince & Dumplings	Lamb Hot Pot		
Potatoes Vegetables	Potato Croquette Diced Swede Diced Carrots	Hash Browns Beans	Roast Potatoes Brussel Sprouts	Creamed Potatoes Farmhouse Veg	Whole Potatoes Broccoli		
<u>Main 2</u>	Vegetarian Stovies	Quorn Lasagne	Vegetable Fried Rice	Cheese & Tomato Quiche	Cheese Soufflé		
Potatoes Vegetables	Beans	Sauté Potatoes Garden Peas	Potato Croquettes	Diced Potatoes Baby Whole Carrots	Potato Croquette Farmhouse Mix		
Sandwich Option	BLT	Tuna & Mayo Salad	Sliced Roast Turkey & Mustard	Egg Mayonnaise	Corned Beef & Onion	Sliced Ham & Tomato	Cheese Slice & Pickle
Sweet Option	Dumpling & Custard	Strawberry Mousse	Pears & Chocolate Sauce	Apple Crumble & Custard	Semolina & Fruit Cocktail	Golden Crunchie	Belgium Biscuit

TEAS MENU – WEEK 2

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Soup of the Day	Pea & Ham	Lentil	Chicken & Rice	Vegetable Soup	Cream of Mushroom	Minestrone	Yellow Split Pea
Main 1	Lancashire Hot Pot	Country Cottage Pie	Pork Casserole	Chicken Pie	Breaded Haddock	Mixed Grill	Roast Turkey & Chipolata
Potatoes Vegetables	Creamed Potatoes Diced Swede	Fluted Carrots Garden Peas	Creamed Potatoes Diced Carrots Diced Swede	Duchesse Potatoes Fluted Carrots	Diced Potatoes Garden Peas	Hash Browns Baked Beans	Roast Potatoes Broccoli
Main 2	Spanish Chicken	Sweet & Sour Pork & Rice	Spaghetti Bolognese	Meatballs in Tomato Sauce	Turkey Lasagne	Tuna Cheesy Bake	Pork Stir Fry & Rice
Potatoes Vegetables	Potato Croquettes Mixed Vegetables	Fluted Carrots Garden Peas	Roast Potatoes Farmhouse Mix	Roast Potatoes Fluted Carrots	Roast Potatoes Melody of Veg	Duchesse Potatoes Garden Peas	Broccoli & Whole Baby Carrots
Main 3	Cauliflower & Cheese Sauce	Vegetable Cheesebake	Vegetable Risotto	Mushroom Provencale	Vegetarian Sausages & Gravy	Leek & Lentil Pie	Vegetable Hot Pot
Potatoes Vegetables	Potato Croquettes Mixed Vegetables	Potato Croquettes Fluted Carrots	Diced Potatoes Vegetable Medley	Roast Potatoes Fluted Carrots	Creamed Potatoes Whole Baby Carrots	Duchesse Potatoes Garden Peas	Roast Potatoes Broccoli
Meal 4							
Sandwich Option	Sliced Ham & Tomato	Chicken Mayonnaise	Cheese & Onion	Egg Salad	Roast Beef Salad	Tuna Mayonnaise	BLT
Sweet Option	Rice Pudding & Two Fruits	Chocolate Sponge with Dairy Cream Topping	Pineapple Upside Down Cake & Custard	Rhubarb Crumble & Vanilla Sauce	Trifles	Jam Sponge & Custard	Carrot Cake & Custard

LUNCH MENU – WEEK 3

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Soup of the Day	Chicken Noodle	Lentil	Minestrone	Spring Vegetable	Chicken & Rice	Green Split Pea	Scotch Broth
<u>Main 1</u>	Diced Braised Steak & Gravy	Breaded Haddock	Mince Cobbler	Sausage & Bean Casserole	Cornbeef Hash		
Potatoes Vegetables	Creamed Potatoes Diced Swede	Roast Potatoes Mushy Peas	Whole Baby Potatoes Broccoli	Cheddar Mash Whole Baby Carrot	Baked Beans		
<u>Main 2</u>	Vegetarian Toad In the Hole	Macaroni Bake	Cheese & Tomato Pie	Vegetable Curry & Rice	Vegetable Cobbler		
Potatoes Vegetables	Creamed Potatoes Diced Swede	Roast Potatoes Garden Peas	Duchesse Potatoes Baby Carrots	Medley of Veg Fluted Carrots	Creamed Potatoes Farmhouse Mix		
Sandwich Option	Ploughmans	Coronation Chicken	Ham Salad	Sliced Roast Beef	Sliced Turkey & Tomato	Cheese & Onion Mayonnaise	Boiled Egg & Tomato
Sweet Option	Sago & Peaches	Pear Conde	Choc Sponge & Custard	Jam Flan & Vanilla Sauce	Sticky Toffee Pudding & Custard	Paradise Cake	Danish Pastry

TEAS MENU – WEEK 3

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Soup of the Day	Scotch Broth	Pea & Ham	Cream of Chicken	Carrot & Coriander	Yellow Split Pea	Cream of Vegetable	Lentil
<u>Main 1</u>	Traditional Mince	Corned Beef Stovies	Quiche Lorraine	Smoked Fish Bake	Beef Casserole	Chicken Casserole	Roast Beef & Yorkshire Pudding
Potatoes Vegetables	Creamed Potatoes Diced Swede	Baked Beans	Potato Croquette Mixed Vegetables	Roast Potatoes Farmhouse Veg	Creamed Potato Garden Peas	Whole Baby Potatoes Vegetable Medley	Roast Potatoes Broccoli
<u>Main 2</u>	Ham Rissotto	Pork Stir Fry & Rice	Bunkhouse Pie	Beef Olives in Rich Gravy	Meatballs in a Rich Tomato Sauce	Liver & Onions in Rich Gravy	Macaroni & Cheese Sauce
Potatoes Vegetables	Diced Potatoes Diced Swede	Baby Carrots Garden Peas	Hash Browns Baked Beans	Creamed Potatoes Broccoli & Diced Carrots	Potato Croquettes Garden Peas	Creamed Potatoes Whole Baby Carrots	Roast Potatoes Broccoli
<u>Main 3</u>	3 Bean Chilli Casserole	Cheese Onion & Tomato Quiche	Quorn Korma & Rice with	Vegetarian Meat Balls in Rich Tomato Sauce	Vegetable Burger	Cheese Souffle	Vegetable Stir Fry & Rice
Vegetarian Option Potatoes Vegetables	Potato Croquettes Diced Swede	Roast Potatoes Baby Carrots	Medley of Veg & Fluted Carrots	Creamed Potatoes Broccoli	Potato Croquette Garden Peas	Roast Potatoes Fluted Carrots	Potato Croquettes
<u>Meal 4</u>	Egg Mayonnaise	Ham Salad	Meat Pate & Tomato	Roast Turkey	Cheese & Onion Mayonnaise	Roast Beef & Salad	Tuna Mayonnaise
Sandwich Option							
Sweet Option	Chocolate Sponge & Chocolate Sauce	Creamed Rice & Two Fruits	Paradise Cake & Vanilla Sauce	Apple Pie & Custard	Strawberry Mousse	Iced Gingerbread & Custard	Mincemeat Pie & Vanilla Sauce

GC/EY 22 March 06 MENU/TC/gc.lunch.tea.wk4a

LUNCH MENU – WEEK 4

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Soup of the Day	Green Split Pea	Leek & Potato	Scotch Broth	Yellow Split Pea	Minestrone	Lentil	Carrot & Coriander
<u>Main 1</u>	Cottage Pie	Mixed Grill	Cheese Soufflé	Smoked Haddock Bake	Sausage Casserole		
Potatoes Vegetables	Peas/Carrots	Hash Brown Beans	Diced Potatoes Farmhouse Mix	Roast Potatoes Garden Peas	Cheddar Mash Sliced Carrots		
<u>Main 2</u>	Cauliflower & Broccoli Bake	Vegetable Cheesebake	Liver & Onions	Cheese & Tomato Pie	Vegetarian Stovies		
Potatoes Vegetables	Roast Potatoes Sliced Carrots	Croquette Potatoes Garden Peas	Creamed Potatoes Diced Swede	Roast Potatoes Mixed Vegetables	Baked Beans		
Sandwich Option	Cheese & Onion Mayonnaise	Ham & Tomato	Sliced Roast Turkey	Sliced Roast Beef Salad	Egg Mayonnaise	Corned Beef	Meat Pate & Tomato
Sweet Option	Lemon Slice with Lemon Sauce	Semolina & 2 Fruits	Gingerbread & Vanilla Sauce	Fruit Trifle	Paradise Cake & Custard	Jam Filled Doughnut	Fruit Tart

TEAS MENU – WEEK 4

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Soup of the Day	Minestrone	Lentil	Golden Vegetable	Cream of Mushroom	Scotch Broth	Yellow Split Pea	Cream of Chicken
<u>Main 1</u>	Chicken Pie	Corned Beef Stovies	Beef Casserole	Bacon Steak & Pineapple	Breaded Haddock	Mixed Grill	Roast Pork & Gravy
Potatoes Vegetables	Baby Boil Potatoes Mixed Vegetables	Baked Beans	Boiled Potatoes Whole Baby Carrots	Creamed Potatoes Cabbage	Roast Potatoes Mushy Peas	Hash Browns Baked Beans	Roast Potatoes Broccoli
<u>Main 2</u>	Cheese Soufflé	Lamb Tendersteaks in Onion Gravy	Chicken & Green Pepper in Black Bean Sauce & Noodles	Haggis	Lorne Sausage in Gravy	Pork Casserole	Cheese & Bacon Soufflé
Potatoes Vegetables	Diced Potatoes Sliced Carrots	Croquette Potatoes Garden Peas	Baby Carrots	Creamed Potatoes Diced Swede	Creamed Potatoes Mushy Peas	Baby Potatoes Fluted Carrots	Roast Potatoes Broccoli
<u>Main 3</u>	Vegetable Lasagne	Sweet & Sour Vegetable with Rice	Cheese Omelette	Vegetarian Haggis	Vegetable Burger	Macaroni & Cheese	Roast Vegetable Moussaka
Vegetarian Option Potatoes Vegetables	Sauté Potatoes Mixed Vegetables	Potato Croquettes	Diced Potatoes Farmhouse Mix	Creamed Potatoes Diced Swede	Roast Potatoes Mushy Peas	Roast Potatoes Garden Peas	Whole Baby Carrots Farmhouse Mix
<u>Meal 4</u>	Ham Salad	Tuna Mayo	Sausage & Pickle	Boiled Egg & Tomato	Chicken Salad	Sliced Turkey Tomato	BLT
Sandwich Option							
Sweet Option	Rhubarb Sponge & Custard	Bread & Butter Pudding & Custard	Rice & Peaches	Caramel Flan & Vanilla Sauce	Iced Sponge & Lemon Sauce	Sultana Slice & Custard	Jam Pudding & Raspberry Sauce