



In partnership with



Menu 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal</b>	Lamb Sausages with Gravy & Mashed Potatoes	Sweet and Sour Chicken with egg noodles	Caribbean Style MSC Fish with Rice and Peas	Pasta Bolognese with Garlic Bread and Salad	Breaded MSC Hoki With Chipped Potatoes, Tartar Sauce and Tomato Sauce
<b>Vegetarian Option</b>	Vegetable Sausages with Gravy & Mashed Potatoes	Sweet & Sour vegetable stir-fry with egg noodles	Aubergine & Chickpea Biriahni with Popadoms	Vegetarian Pasta Bolognese with Garlic Bread and Salad	Broccoli & Tomato Quiche with chipped Potatoes
<b>Vegetables</b>	Steamed green Cabbage Swede	Broccoli & Cauliflower	Roasted Vegetables	Sweetcorn Mixed Salad	Peas & Baked Tomato
<b>Daily Salad Selection of Lettuce, Tomato, Cucumber, Beetroot, Sweetcorn, Coleslaw, &amp; Carrot.            Look out also for our "Salad Special" of the Day</b>					
<b>Freshly Cooked each day - Jacket Potatoes with Grated Cheddar, Tuna Mayonnaise or Baked Beans</b>					
<b>Dessert</b>	Strawberry Yogurt Ice cream Yoghurts Fresh Fruit Salad	Fruit Crumble with Custard Yoghurts Fresh Fruit Salad	Baked Pears with Custard Yoghurts Fresh Fruit Salad	Eves Pudding With Custard Yoghurts Fresh Fruit Salad	Rice Pudding with Jam sauce Yoghurts Fresh Fruit Salad
<b>Custard Served as an Accompaniment to All Hot Desserts</b>					
<b>Daily Additions</b>	Water Bread basket	Water Bread basket	Water Bread basket	Water Bread basket	Water Bread basket

	<b>Main Courses</b>		<b>Salads</b>		<b>Fish</b>
	<b>Vegetarian</b>		<b>Desserts</b>		<b>Additions</b>