

Monday

Parsnip Soup
-
Melon Salad
-
Salt Beef
with Pickled Cucumber
-
Stir Fry Vegetables in a
Satay Sauce with Noodles
-
Sautéed Courgettes
Roasted Carrots
Latkes
Mash Potatoes
-
Cherry Sponge with Soya
Custard
(Suitable For Diabetics)
-
Lemon Tea or Black Coffee

Tuesday

Israeli Orange Soup
-
Grapefruit Segments
(Not Suitable For Statins)
-
Lamb Stew
with Lemon Zest, Dill and
Olives
-
Bean Burger
-
Broccoli
Roasted Vegetables
Rice/Mash Potatoes
-
Stewed Apple & Pavev
Cream
(Pavev Cream Not Suitable For
Diabetics)
-
Lemon Tea or Black Coffee

Wednesday

Broccoli & Stilton Soup
-
Mandarins
-
Fried Matzo Crusted
Haddock
with Lemon & Tartar Sauce
-
Baked Vegetable Sausages
-
Buttered Peas
Baked Beans
Chips
Mash Potato
-
Peaches & Cream
(Suitable For Diabetics)
-
Tea & Coffee with Milk

Thursday

Minestrone Soup
-
Orange Segments
-
Cottage Pie
-
Vegetable & Quorn Pie
-
Broccoli
Sautéed Cabbage
Garlic Roasted Potatoes
Mash Potato
-
Apricot Pie with Pavev
Cream
(Pavev Cream Not Suitable For
Diabetics)
-
Lemon Tea or Black Coffee

Friday

Cream of Celery Soup
-
-
Poached Salmon & Dill
Butter
-
Vegetable Patty
with Garlic & Herb Sauce
-
Peas
Cauliflower
Hot Vegetable Cous Cous
Mash Potato
-
Berry Cheesecake
(Suitable For Diabetics)
-
Tea & Coffee with Milk

Saturday

Colcannon Soup
-
Grapefruit Segments
(Not Suitable for Statins)
-
Beef & Vegetable Cholent
-
Slow Cooked Vegetable &
Bean Stew with Dumplings
-
Cabbage
Medley of Vegetables
Parsley Potatoes
Mash Potatoes
-
Fruit Salad with Pavev Ice
Cream
(Suitable For Diabetics)
-
Lemon Tea or Black Coffee

Sunday

Chickpea Soup
-
Orange Segments
-
Roast Turkey, Cranberry &
Gravy
-
Peppers Stuffed with Pea,
Leek & White Bean Risotto
-
Sautéed Greens
Roasted Carrots
Rosemary Roasted Potatoes
Mash Potato
-
Orange Cake
(Suitable For Diabetics)
-
Lemon Tea or Black Coffee

Assorted Cake Selection

Almond Cake

Fruit Cake

Fruit Scones with Jam & Cream

Assorted Cake Selection

Zesty Lemon Biscuits

Chocolate Brownie

Celeriac Soup
-
Sandwich Selection
-
Tomato & Basil Pasta Bake
-
Garlic Bread
Greek Salad
-
Fruit Salad & Ice Cream
(Suitable For Diabetics)
-
Tea & Coffee with Milk

Tomato Soup
-
Sandwich Selection
-
Sardine Salad
-
Potato Salad
Celery, Apple & Walnut
Salad
-
Rice Pudding & Warm Fruit
Jam
(Suitable For Diabetics)
-
Tea & Coffee with Milk

Potato Soup
-
Sandwich Selection
-
Roasted Vegetable Quiche
-
Coleslaw
Tomato & Cucumber
-
Rhubarb & Apple Crumble
with Cream
(Suitable For Diabetics)
-
Tea & Coffee with Milk

Vegetable Soup
-
Sandwich Selection
-
Assorted Herring Salad
-
Russian Salad
Mixed Leaf & Cress Salad
-
Lemon Mousse
(Suitable For Diabetics)
-
Tea & Coffee with Milk

Chicken Soup
with Lokshen & Kneidlach
-
Chopped Liver or Chopped
Egg & Onion
-
Roast Chicken
-
Lentil & Vegetable Bake
-
Roast Parsnips
Sprouts
Roast Potatoes
Mash Potatoes
-
Stewed Fruits
(Suitable For Diabetics)
-
Lemon Tea or Black Coffee

Sweet Potato Soup
-
Sandwich Selection
-
Spaghetti in a Creamy Pesto
Sauce
-
Mediterranean Vegetables
-
Cinnamon Spiced Poached
Pears & Vanilla Cream
(Suitable For Diabetics)
-
Tea & Coffee with Milk

Carrot Soup
-
Sandwich Selection
-
Mushroom Stroganoff
-
Rice
-
Citrus Trifle
(Suitable For Diabetics)
(Not Suitable for Statins)
-
Tea & Coffee with Milk

Milk

Meat