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| **WEEK 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Juices, cereals, toast | Juices, cereals, toast | Juices, cereals, toast | Juices, cereals, toast | Juices, cereals, toast | Juices, cereals, toast | Juices, cereals, toast |
|  | Fried egg, tomatoes | Sausages, beans | Hash browns, fried egg | Bacon, mushrooms | Scrambled egg, tomatoes | Sausages, hash browns | Bacon, beans, mushrooms |
| **Soup of the day** | Parsnip soup | Tomato soup | Pea and mint soup | Carrot and coriander soup | Butternut squash soup | Broccoli soup | Leek soup |
| **Lunch****1** | Beef and mushroom pie,new pots, fresh veggies | pasta bolognaise, garlic bread | Ploughman’sLunch | Sweet and sour chicken, rice and peas | Scampi, chips and mushy peas, bread and butter | Beef Moussaka | Honey roast gammon with all the trimmings |
| **Lunch** **2** | Sweet and sour vegetable’s with rice | Vegetable Fritatta | Broccoli, spinach pasta bake | Cheese and potato pie | Fried eggs & chips | Vegetable chow mein | Cauliflower cheese |
| **Dessert** | Bread and butter pudding | Baked rice pudding | Fruit trifle | Bannoffe pie | Cherry crumble and custard | Pavlova with mixed fruits | Treacle tart and custard |
| **Tea** | Corned beef hash sandwiches, salad | Jacket potato, tuna, sandwiches, salad | Hot dogs, sandwiches, salad | Quiche sandwiches, salad | Pasta bake, sandwiches, salad | Homemade pizza, salad , sandwiches, salad | Honey glazed sausages, chips, sandwiches, salad |
| **Pudding** | Pavlova | Banana custard | Rice pudding | Orange and pineapple jelly | Semolina with jam | Chocolate mousse | Fruit trifle |

**PLEASE NOTE: Other options available on request. Snacks and refreshments are provided throughout the day.**