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| **Week 3** | **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** | Shephard’s pie fresh vegetable’s | Roast gammon, chips and salad | Sausage’s, creamy mash, onion gravy, fresh Veggies | Chicken korma, rice and sweetcorn | Cod, chips, beans with bread and butter | Beef lasagne, garlic bread | Roast Turkey with all the trimmings |
| **Lunch** **2** | Broccoli chow mein  | Broccoli and stilton bake | Vegetable lasagne with garlic bread | Cheese and potato pie | Spanish omelette, salad | Vegetable crumble | Macaroni cheese |
| **Dessert** | Fresh fruit salad | Apple crumble, custard | Pavlova with mixed berries | Baked rice pudding | Lemon sponge and custard | Fruit trifle | Chocolate sponge with chocolate sauce |
| **Tea** | Fish cakes, chips, sandwiches, salad | Jacket potato, cheese, sandwiches, salad | Burger and chips sandwiches, salad | Quiche and salad, sandwiches, salad | Pasta bake, sandwiches, salad | Sausage rolls and wedges sandwiches, salad | Pizza, salad, sandwiches, salad |
| **Pudding** | Bakewell tart, custard | Chocolate custard | Orange and pineapple jelly | Banana custard | Semolina | Strawberry mousse | Apple pie, fresh cream |

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