

'AT A GLANCE' MENUS (WEEK A)

DAY	BREAKFAST	DINNER
SATURDAY (Breakfast for end of week)	PORRIDGE CEREALS GRAPEFRUIT / PRUNES CROISSANTS / BRIOCHES AND / OR TOAST	JACKET POTATOES ASSORTED FILLINGS RICE PUDDING FRUIT
SUNDAY ROAST NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES SCRAMBLED EGG SAUSAGES TOMATOES FRIED BREAD VEGETARIAN HAGGIS	ROAST SHOULDER OF LAMB ROAST SQUASH AND FETA TART GREEN BEANS, CARROTS ROAST & BOILED POTATOES FRUIT CRUMBLE & CUSTARD
MONDAY PASTA NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES EGGY BREAD BACON BAKED BEANS FRESH MUSHROOMS VEGETARIAN SAUSAGE	BEEF BOLOGNESE VEGAN MUSHROOM BOLOGNASE PASTA GARLIC BREAD MIXED SALAD APPLE PIE & CUSTARD
TUESDAY PIE NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES FRIED EGG SAUSAGES TOMATOES FRIED BREAD VEGETARIAN HAGGIS	CHICKEN LEEK AND SWEETCORN PIE VEGAN COTTAGE PIE PEAS CARROTS BROAD BEANS BOILED/MASHED POTATO CHOC SPONGE PUDDING & CHOC CUSTARD
WEDNESDAY CHILLI NIGHT OPT IN TO VEGGIE CHILLI	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES SCRAMBLED EGG BACON BAKED BEANS FRIED BREAD VEGETARIAN SAUSAGE	BEEF CHILLI, VEGATARIAN CHILLI GUACAMOLE, SOUR CREAM TORTILLA CHIPS GRATED CHEESE RICE CRUMBLE & CUSTARD
THURSDAY CASSEROLE NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES EGGY BREAD SAUSAGES TOMATOES FRESH MUSHROOMS VEGETARIAN HAGGIS	HUNGARIAN Pork GOULASH BEANY GOULASH Boiled potato BROCCOLI red/ white CABBAGE TREACLE SPONGE & CUSTARD
FRIDAY CURRY NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES FRIED EGG BACON BAKED BEANS FRIED BREAD VEGETARIAN SAUSAGE	CHICKEN CURRY RED BEAN AND SPINACH CURRY RICE, DAHL PEAS SWEETCORN NAAN BREAD ICE CREAM & SAUCE FRUIT SALAD

AT A GLANCE' MENUS (WEEK B)

DAY	BREAKFAST	DINNER
SATURDAY (Breakfast for end of week)	PORRIDGE CEREALS GRAPEFRUIT / PRUNES CROISSANTS / BRIOCHEs AND / OR TOAST	JACKET POTATOES ASSORTED FILLINGS RICE PUDDING FRUIT
SUNDAY ROAST NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES SCRAMBLED EGG SAUSAGES TOMATOES FRIED BREAD VEGETARIAN HAGGIS	ROAST BACON JOINT ROASTED VEGETABLE & LENTIL TART GREEN BEANS CARROTS, ROAST & BOILED POTATOES Parsley sauce CRUMBLE & CUSTARD
MONDAY PASTA NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES EGGY BREAD BACON BAKED BEANS FRESH MUSHROOMS VEGETARIAN SAUSAGE	LASAGNE AND VEGETARIAN LASAGNE GARLIC BREAD MIXED SALAD APPLE PIE & CUSTARD
TUESDAY PIE NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES FRIED EGG SAUSAGES TOMATOES FRIED BREAD VEGETARIAN HAGGIS	CHICKEN LEEK & BUTTER BEAN PIE QUORN LEEK AND BUTTER BEAN PIE CAULIFLOWER CHEESE PEAS SWEETCORN BOILED/MASHED POTATOES TREACLE SPONGE & CUSTARD
WEDNESDAY CHILLI NIGHT OPT IN TO VEGGIE	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES SCRAMBLED EGG BACON BAKED BEANS FRIED BREAD VEGETARIAN SAUSAGE	MEXICAN CHILLI CON CARNE (SPICY & NON), VEGETABLE CHILLI (SPICY& NON), GUACAMOLE, TORTILLA CHIPS SOUR CREAM, GRATED CHEESE, RICE PEAR & CHOCOLATE CRUMBLE, CHOC CUSTARD
THURSDAY CASSEROLE NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES EGGY BREAD SAUSAGES TOMATOES FRESH MUSHROOMS VEGETARIAN HAGGIS	LAMB TAGINE VEGETABLE TAGINE BROCCOLI, CARROTS COUSCOUS JAM SPONGE AND CUSTARD
FRIDAY CURRY NIGHT	PORRIDGE, CEREALS GRAPEFRUIT / PRUNES FRIED EGG BACON BAKED BEANS FRIED BREAD VEGETARIAN SAUSAGE	CHICKEN CURRY BUTTERNUT SQUASH & CHICKPEA CURRY RICE, DAHL PEAS NAAN BREAD FRUIT SALAD ICE CREAM