



Weekly Lighter Meal Menu - Week 1

Monday

Soup Entree

Vegetable Soup

Main Course

Sausages in
Onion Gravy

Served with

West Country
Cheddar Mash *or*
Peas

Tuesday

Soup Entree

Scotch Broth

Main Course

Thai Green
Chicken Curry

Served with

White Rice

Wednesday

Soup Entree

Carrot &
Coriander Soup

Main Course

Cheese &
Tomato Omelette

Served with

Oven Chips *or*
Baked Beans

Thursday

Soup Entree

Vegetable Soup

Main Course

Beef Bolognese
with Pasta

Served with

Mixed Vegetables

Friday

Soup Entree

Vegetable Soup

Main Course

Pork Meatballs in
Tomato & Herb
Sauce

Served with

Mashed Potato *or*
Sweetcorn

Saturday

Soup Entree

Pea & Ham Soup

Main Course

Cheese & Onion
Pasty

Served with

Baked Beans *or*
Oven Chips

Sunday

Soup Entree

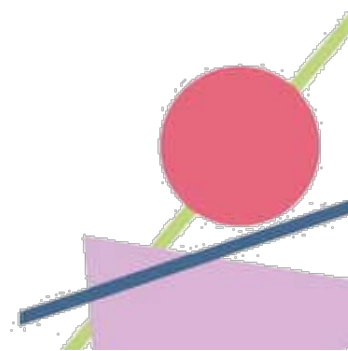
Mushroom Soup

Main Course

Breaded Chicken
Fillets

Served with

Peas *or* Baked
Potato Wedges



Weekly Main Meal Menu - Week 1

Monday

Main Course

Sliced Gammon
& Pineapple *or*
Baked Steak &
Mushroom Pie

Served with

Baby Potatoes

Accompanied by

Spring Vegetable
Medley &
Cabbage

Dessert

Sticky Toffee
Pudding

Tuesday

Main Course

Lamb Casserole
or Fish Pie

Served with

West Country
Cheddar Mash

Accompanied by

Sliced Carrots &
Minted Summer
Vegetables

Dessert

Gluten Free
Lemon & Orange
Sponge Pudding

Wednesday

Main Course

Sausages

Served with

Hash Browns

Accompanied by

Baked Beans

Dessert

Chocolate Chip
Sponge

Thursday

Main Course

Cheesy Garlic
Chicken Bake *or*
Pork & Apple
Casserole

Served with

Sauté Potatoes

Accompanied by

Cut Green Beans
& Sliced Carrots

Dessert

Bakewell Tart

Friday

Main Course

Premium
Battered
Haddock *or*
Cooked
Sausages

Served with

Oven Chips *or*
Mashed Potato

Accompanied by

Peas

Dessert

Chocolate Chip
Pudding with
Salted Caramel
Sauce

Saturday

Main Course

Sweet & Sour
Chicken *or* Lamb
Burgers in Minted
Gravy

Served with

Vegetable Rice *or*
Colcannon Mash

Accompanied by

Sweetcorn &
Large Broccoli

Dessert

Gluten Free
Rhubarb &
Ginger Sponge

Sunday

Main Course

Roast Lamb in
Gravy *or* Roast
Pork In Gravy

Served with

Traditional Roast
Potatoes *or*
Mashed Potato

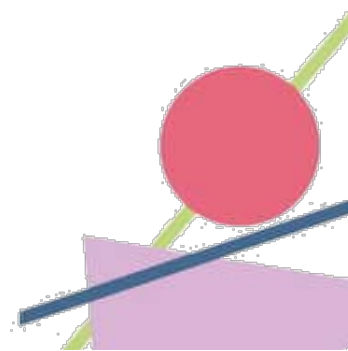
Accompanied by

Minted Summer
Vegetables &
Cauliflower

Cheese

Dessert

Hot Chocolate
Brownie





Weekly Lighter Meal Menu - Week 2

Monday

Soup Entree

Leek & Potato
Soup

Main Course

Fish Goujons

Served with

Mushy Peas *or*
Oven Chips

Tuesday

Soup Entree

Cream of Chicken
Soup

Main Course

Medium Ready

Baked Jacket
Potatoes

Served with

Baked Beans

Wednesday

Soup Entree

Mushroom Soup

Main Course

Pasta Carbonara

Served with

Peas

Thursday

Soup Entree

Tomato, Red
Pepper & Lentil
Soup

Main Course

Cheese & Onion
Pie

Served with

Baked Potato
Wedges *or* Mixed
Vegetables

Friday

Soup Entree

Vegetable Soup

Main Course

Sausage Roll

Served with

Oven Chips *or*
Baked Beans

Saturday

Soup Entree

Scotch Broth

Main Course

Fishcakes

Served with

Peas *or* Sauté
Potatoes

Sunday

Soup Entree

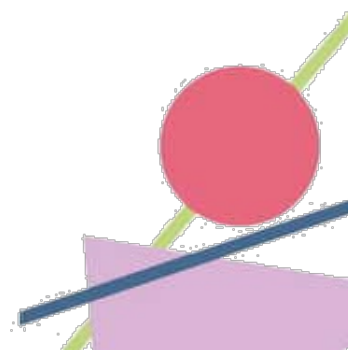
Tomato Soup

Main Course

Macaroni Cheese

Served with

Mixed Vegetables



Weekly Main Meal Menu - Week 2

Monday

Main Course

Chicken Tikka
Masala *or* Fish in
Cheese Sauce

Served with

Croquette

Potatoes *or*
Basmati Yellow
Rice

Accompanied by

Mashed Root
Vegetables & Cut
Green Beans

Dessert

Lemon Flavour
Sponge

Tuesday

Main Course

Beef Stew &
Dumplings *or*
Shepherd's Pie

Served with

Sauté Potatoes

Accompanied by

Mixed Vegetables
& Cabbage

Dessert

Apple Sponge

Wednesday

Main Course

Beef Lasagne *or*
Chicken &
Vegetable
Casserole

Served with

Mashed Potato

Accompanied by

Broccoli &
Vegetable
Medley

Dessert

Mixed Fruit Pie

Thursday

Main Course

Baked Chicken &
Ham Pie *or*
Sausage
Casserole

Served with

Baby Potatoes

Accompanied by

Carrot Tips &
Mixed Vegetables

Dessert

Chocolate Chip
Pudding with
Salted Caramel
Sauce

Friday

Main Course

Premium
Battered
Haddock *or*
Baked Steak &
Mushroom Pie

Served with

Oven Chips

Accompanied by

Peas & Sliced
Carrots

Dessert

Bread & Butter
Pudding

Saturday

Main Course

Sliced Gammon
& Pineapple *or*
Chicken Curry

Served with

Baby Potatoes *or*
Vegetable Rice

Accompanied by

Cut Green Beans
& Red Cabbage
with Apple & Port

Dessert

Hot Chocolate
Brownie

Sunday

Main Course

Premium Roast
Beef in Gravy *or*
Roast Pork in
Gravy

Served with

Traditional Roast

Potatoes *or*

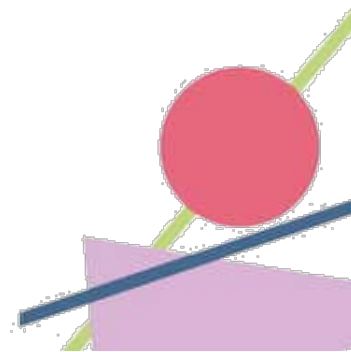
Mashed Potato

Accompanied by

Brussels Sprouts
& Mashed Root
Vegetables

Dessert

Jamaican Ginger
Pudding with
Orange Sauce



Weekly Lighter Meal Menu - Week 3

Monday

Soup Entree

Vegetable Soup

Main Course

Vienna Steak in
Sauce

Served with

Mashed Potato *or*
Peas

Tuesday

Soup Entree

Pea & Ham Soup

Main Course

Cottage Pie

Served with

Minted Summer
Vegetables

Wednesday

Soup Entree

Vegetable Soup

Main Course

Chilli Con Carne

Served with

Medium Ready
Baked Jacket
Potatoes

Thursday

Soup Entree

Carrot &
Coriander Soup

Main Course

Fajita Chicken

Mix

Served with

Basmati Yellow
Rice

Friday

Soup Entree

Tomato Soup

Main Course

Sausages in
Onion Gravy

Served with

Mashed Potato *or*
Large Broccoli

Saturday

Soup Entree

Mushroom Soup

Main Course

Quiche Lorraine

Served with

Oven Chips *or*
Baked Beans

Sunday

Soup Entree

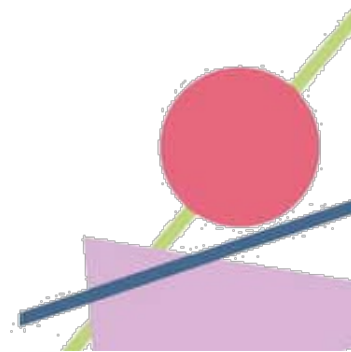
Red Lentil Broth

Main Course

Steak Bake

Served with

Sauté Potatoes *or*
Mushy Peas



Weekly Main Meal Menu - Week 3

Monday

Main Course

Baked Chicken &
Vegetable Pie *or*
Lamb Casserole

Served with

Mashed Potato

Accompanied by

Carrot Tips & Cut
Green Beans

Dessert

Bakewell Tart

Tuesday

Main Course

Curried Lamb &
Potato *or* Minced
Venison Hotpot

Served with

Sauté Potatoes *or*
Vegetable Rice

Accompanied by

Large Broccoli &
Cabbage

Dessert

Mixed Fruit Pie

Wednesday

Main Course

Sausages

Served with

Hash Browns

Accompanied by

Baked Beans

Dessert

Somerset Apple
Cake

Thursday

Main Course

Lancashire
Hotpot *or* Fish in
Cheese Sauce

Served with

Minted Boiled
Potatoes

Accompanied by

Sliced Carrots &
Minted Summer
Vegetables

Dessert

Summer Fruit
Sponge

Friday

Main Course

Premium

Battered

Haddock *or* Steak

Pie

Served with

Oven Chips

Accompanied by

Mushy Peas

Dessert

Rhubarb Crumble

Saturday

Main Course

Beef Casserole *or*

Sweet & Sour

Chicken

Served with

Vegetable Rice *or*

Boiled Potatoes

Accompanied by

Large Broccoli &
Spring Vegetable
Medley

Dessert

Clotted Cream
Rice Pudding

Sunday

Main Course

Roast Lamb in
Gravy *or* Premium

Roast Beef in

Gravy

Served with

Traditional Roast

Potatoes *or*

Mashed Potato

Accompanied by

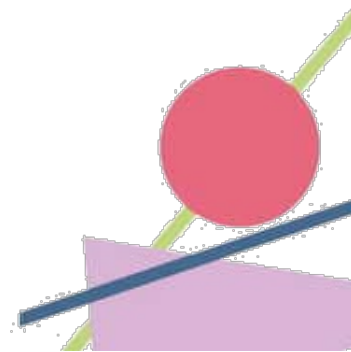
Root Vegetable

Medley &

Cabbage

Dessert

Apricot Crumble



Weekly Lighter Meal Menu - Week 4

Monday

Soup Entree

Leek & Potato
Soup

Main Course

Beef Bolognese
with Pasta

Served with

Vegetable
Medley

Tuesday

Soup Entree

Carrot &
Coriander Soup

Main Course

Breaded Chicken
Fillets

Served with

Baked Potato
Wedges *or* Mushy
Peas

Wednesday

Soup Entree

Cream of Chicken
Soup

Main Course

Corned Beef
Hash

Served with

Red Cabbage
with Apple & Port

Thursday

Soup Entree

Tomato, Red
Pepper & Lentil
Soup

Main Course

Pork Burgers in
Rich Tomato
Sauce

Served with

Oven Chips *or*
Peas

Friday

Soup Entree

Mushroom Soup

Main Course

Beef Lasagne

Served with

Cut Green Beans

Saturday

Soup Entree

Vegetable Soup

Main Course

Chicken

Chasseur

Served with

Vegetable Rice

Sunday

Soup Entree

Pea & Ham Soup

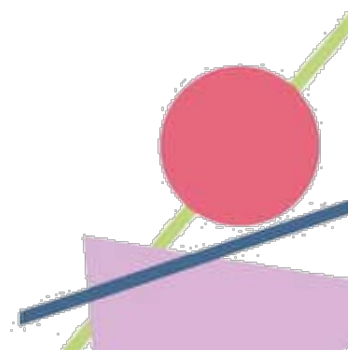
Main Course

Potato, Cheese &

Leek Bake

Served with

Vegetable
Medley



Weekly Main Meal Menu - Week 4

Monday

Main Course

Shepherd's Pie *or*
Chicken Korma

Served with

Basmati Yellow
Rice *or* Sauté
Potatoes

Accompanied by

Cut Green Beans
& Sliced Carrots

Dessert

Jamaican Ginger
Pudding with
Orange Sauce

Tuesday

Main Course

Savoury Minced
Beef *or* Pork
Meatballs in

Tomato & Herb
Sauce

Served with

Mashed Potato

Accompanied by

Minted Summer
Vegetables &
Mashed Root
Vegetables

Dessert

Syrup Sponge

Wednesday

Main Course

Sausage
Casserole *or*
Minced Venison
Pie

Served with

Dauphinoise
Potatoes

Accompanied by

Cauliflower &
Peas

Dessert

Lemon Flavour
Sponge

Thursday

Main Course

Hunters Chicken
or Beef Stew &
Dumplings

Served with

White Rice

Accompanied by

Sweetcorn &
Broccoli

Dessert

Summer Fruit
Crumble

Friday

Main Course

Premium
Battered
Haddock *or*
Sausages In
Onion Gravy

Served with

Oven Chips *or*
Mashed Potato

Accompanied by

Peas & Sliced
Carrots

Dessert

Apple Crumble

Saturday

Main Course

Salmon &
Broccoli Bake *or*
Baked Chicken &
Ham Pie

Served with

Boiled Potatoes

Accompanied by

Mixed Vegetables
& Large Broccoli

Dessert

Somerset Apple
Cake

Sunday

Main Course

Premium Roast
Beef in Gravy *or*
Sliced Roast
Chicken in Gravy

Served with

Traditional Roast

or
Potatoes *or*

Mashed Potato

Accompanied by

Mashed Root
Vegetables &
Brussels Sprouts

Dessert

Pineapple
Sponge

