### FOI.12477 - Attachment 6

## Supper menu (week 1)

Monday
Starters (choose one)
Orange Juice
Vegetable soup
Main course (choose one)
Chicken Chasseur )chicken in a tomato, mushroom, white wine and tarragon sauce)
Filled jacket potato
Potatoes/Rice/Side dishes
Mashed potatoes
Vegetables
Mixed vegetables
Jacket potato filling
Baked beans
Cheese
Tuna mayo
Salads
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise,
Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with
a choice from the potatoes of the day or a bread roll and butter)
Sandwiches
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese,
Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
Thister and Mayorinaloo, Egg mayorinaloo, Tana mayorinaloo and Traininao
Dessert (choose one)
Rice pudding
Jelly and ice cream
Cheddar cheese and crackers
Fresh fruit of the day
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar

Jelly and ice cream	
Cheddar cheese and crackers	
Fresh fruit of the day	
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar	r
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar	•
Tan man yegi an en en an an en	
Friday	
Starters (choose one)	
Orange Juice	
Tomato and red pepper soup	
Main course (choose one)	
Chicken leek and mushroom fricassee (chicken, leeks and mushroo	ms in a rich
creamy sauce)	
Vegetable curry VE (chickpea, red lentil mixed vegetable tomatoes	based korma sauce)
Potatoes/Rice/Side dishes	
Rice	
Mashed potatoes	
Vegetables	
Carrots	
Salads	
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayo	
Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are se	erved with
a choice from the potatoes of the day or a bread roll and butter)	
Sandwiches	
White or Whelemood brood (Dlees, and sit.) Fillings included the C	Cheese,
White or Wholemeal bread (Please specify) Fillings include: Ham, C	<u> </u>

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Rice
Mashed potatoes
Vegetables
Carrots
Salads
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise,
Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with
a choice from the potatoes of the day or a bread roll and butter)
Sandwiches
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese,
Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
Dessert (choose one)
Jam roly poly
Fruit pot (bitesize chunks of mixed fruit in syrup)
Cheddar cheese and crackers
Fresh fruit of the day
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar
Accompaniments
Custard
lce cream

Tuesday
Starters (choose one)
Orange Juice
Leek and potato soup
Main course (choose one)
Beef cawl
Vegetable quiche VE
Potatoes/Rice/Side dishes
Bread roll with cheese (for the cawl)
Side salad (served with a sachet of salad cream)
Herby sautéed potatoes
Salads
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise,
Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with
a choice from the potatoes of the day or a bread roll and butter)
Sandwiches
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese,
Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
Dessert (choose one)
Sultana sponge
Fruit pot, (bitesize chunks of mixed fruit in syrup)
Cheddar cheese and crackers
Fresh fruit of the day
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Vanilla yoghurt - Thick and creamy, Low fat and Low sugar
Accompaniments
Custard
les aream

Ice cream

	Saturday
Starters (choose one)	
Orange Juice VE	
Carrot and coriander soup	)
Main course (choose on	ie)
Chicken korma, a mild, cr	eamy chicken curry
Filled jacket potato	
Potatoes/Rice/Side dish	ies
Wholemeal rice	
Mashed potatoes	
Vegetables	
Peas	
Jacket potato filling	
Baked beans	
Cheese	
Tuna mayo	
Salads	
Choose from Ham, Chees	se, Chicken, Egg mayonnaise, Tuna mayonnaise,
Smoked mackeral Chick	en tikka, falafel & hummus. (Salads are served with
Silloked illackerel, Cilicki	or tikka, raidror & ridrimido. (Calado dro corvos With

lacket potato filling	
Baked beans	
Cheese	
「una mayo	
Salads	
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnais	se,
Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served	with
a choice from the potatoes of the day or a bread roll and butter)	
Sandwiches	
White or Wholemeal bread (Please specify) Fillings include: Ham, Chees	<u></u> зе,
Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Humr	mus
Dessert (choose one)	
Chocolate Sponge	
lelly and ice cream	
Cheddar cheese and crackers	
Fresh fruit of the day VE	
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar	
/anilla yoghurt - Thick and creamy, Low fat and Low sugar	

Ice cream

Orange Juice

Starters (choose one)

Parsnip and rosemary soup

Main course (choose one) Salmon and dill fishcake Cheese omelette VE

Potatoes/Rice/Side dishes

Mashed potatoes

Vegetables Baked beans

Sandwiches

Dessert (choose one)

Cheddar cheese and crackers

Fresh fruit of the day VE

Accompaniments

Custard

Lemon sponge

Cheesecake Custard pot

Salads

Wednesday	
Starters (choose one)	
Orange Juice	
Tomato and red pepper soup	
Main course (choose one)	
Sausages in gravy	
Macaroni cheese VE	
Potatoes/Rice/Side dishes	
Mashed potatoes	
Boiled potatoes	
/egetables	
Peas and sweetcorn	
Salad	
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise,	
Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with	
a choice from the potatoes of the day or a bread roll and butter)	
Sandwiches	
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese,	
Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus	
Dessert (choose one)	
Apple pie	
Fruit pot (bitesize chunks of mixed fruit in syrup)	
Strawberry mouse	
Cheddar cheese and crackers	
resh fruit of the day	
Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar	
/anilla yoghurt - Thick and creamy, Low fat and Low sugar	
Accompaniments	
Custard	

Sunday

Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with

White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus

Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar

Vanilla yoghurt - Thick and creamy, Low fat and Low sugar

a choice from the potatoes of the day or a bread roll and butter)

Main	
Main c	
	course (choose one)
	n parsley sauce
Bean g	goulash VE
	es/Rice/Side dishes
Rice	
	d potatoes
Chips	
Vegeta	phloe
Peas	ibles
i cas	
Salad	
Choos	e from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise,
	ed mackerel, Chicken tikka, falafel & hummus. (Salads are served with
	ce from the potatoes of the day or a bread roll and butter)
	,
Sandw	viches
White	or Wholemeal bread (Please specify) Fillings include: Ham, Cheese,
Chicke	n and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
Desse	rt (choose one)
_	rb crumble
Rnuba	is ordinate
Mouss Chedd	e ar cheese and crackers
Mouss Chedd Fresh f	e ar cheese and crackers fruit of the day
Mouss Chedd Fresh t Strawb	e ar cheese and crackers fruit of the day perry fruit yoghurt – Thick and creamy, Low fat and Low sugar
Mouss Chedd Fresh t Strawb	e ar cheese and crackers fruit of the day
Mouss Chedd Fresh f Strawb Vanilla	e ar cheese and crackers fruit of the day perry fruit yoghurt – Thick and creamy, Low fat and Low sugar yoghurt - Thick and creamy, Low fat and Low sugar
Mouss Chedd Fresh f Strawb Vanilla	e ar cheese and crackers fruit of the day perry fruit yoghurt – Thick and creamy, Low fat and Low sugar yoghurt - Thick and creamy, Low fat and Low sugar

Thursday

Starters (choose one)

Butternut squash soup

Orange Juice

### Supper menu (week 2)

Monday	
Starters (choose one)	
Orange Juice	
/egetable soup	
Acin course (chance and)	
Main course (choose one)	
ish in cheese sauce	
Quorn sausage in vegetarian gravy	
Potatoes/Rice/Side dishes	
Mashed potatoes	
/egetables	
Peas	
Salads	
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise,	
Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with	
choice from the potatoes of the day or a bread roll and butter)	
Sandwiches	
Vhite or Wholemeal bread (Please specify) Fillings include: Ham, Cheese,	
Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus	

	Friday
Starters (choose one)	
Orange Juice	

Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar

Vanilla yoghurt - Thick and creamy, Low fat and Low sugar

## Potatoes/Rice/Side dishes

Main course (choose one)

Vegetable korma (a mild, creamy curry)

Dessert (choose one) Rhubarb crumble

Cheddar cheese and crackers

Jelly and ice cream

Fresh fruit of the day

Accompaniments

Custard

Mashed potatoes

Vegetables Baked beans

Tomato soup

Corned beef hash

Extras Gravy

### Salads

Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus, (Salads are served with a choice from the potatoes of the day or a bread roll and butter)

## Sandwiches

White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus

## Dessert (choose one)

Pineapple sponge cake Cheese and biscuits

Fresh fruit of the day

Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar

Vanilla yoghurt - Thick and creamy, Low fat and Low sugar

Accompaniments

Tuesday
Starters (choose one)
Orange Juice
Tomato soup
Main course (choose one)
Sausage casserole
Cheese omelette
Potatoes/Rice/Side dishes
Mashed potatoes
Herby sautéed potatoes
Vegetables
Baked beans
Green beans
Salads
Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise,
Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with
a choice from the potatoes of the day or a bread roll and butter)

White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus

## Dessert (choose one)

Lemon sponge

Cheese and biscuits Fresh fruit of the day

Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar Vanilla yoghurt - Thick and creamy, Low fat and Low sugar

## Accompaniments

Custard

Saturday

Starters (choose one) Orange Juice VE

Tomato and red pepper soup

### Main course (choose one) Beef cawl

Moroccan chickpea stew

## Potatoes/Rice/Side dishes

Bread roll and cheese (for the cawl)

Cous cous

Sauté potatoes

## Salads

Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)

### Sandwiches

White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus

## Dessert (choose one)

Peach and pear pot with ice cream

Chocolate gateaux with cream

Cheese and biscuits

Fresh fruit of the day VE

Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar Vanilla yoghurt - Thick and creamy, Low fat and Low sugar

# Sunday

Vanilla yoghurt - Thick and creamy, Low fat and Low sugar

Wednesday

Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with

White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese,

Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar

Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus

a choice from the potatoes of the day or a bread roll and butter)

Starters (choose one) Orange Juice

Cauliflower and apple soup

Starters (choose one)

Cauliflower and apple soup

Main course (choose one)

Potatoes/Rice/Side dishes

Orange Juice

Beef lasagne Broccoli cheese

Mashed potatoes

Sauté potatoes

Vegetables

Sandwiches

Rice pudding

Dessert (choose one)

Cheese and biscuits

Fresh fruit of the day

Jelly and mandarins with ice cream

Main course (choose one)

Cheese and potato bake

## Potatoes/Rice/Side dishes

Mashed potatoes

### Vegetables

Baked beans

### Salads

Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)

## Sandwiches

White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus

### Dessert (choose one)

Trifle

Welsh cakes and butter

Cheese and biscuits

Fresh fruit of the day VE

Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar Vanilla yoghurt - Thick and creamy, Low fat and Low sugar

# Starters (choose one)

Orange Juice

Vegetable soup

## Main course (choose one)

Chicken and leek in a white sauce

Vegetable quiche

### Potatoes/Rice/Side dishes

Mashed potatoes

Potato wedges

Side salad

### Vegetables

Choose from Ham, Cheese, Chicken, Egg mayonnaise, Tuna mayonnaise, Smoked mackerel, Chicken tikka, falafel & hummus. (Salads are served with a choice from the potatoes of the day or a bread roll and butter)

Thursday

### Sandwiches

White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese,

Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus

Dessert (choose one) Syrup sponge

Gooseberry fool

Cheese and biscuits

Fresh fruit of the day

Strawberry fruit yoghurt – Thick and creamy, Low fat and Low sugar

Vanilla yoghurt - Thick and creamy, Low fat and Low sugar

### Accompaniments

Custard