

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
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

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
Ice cream

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
Vegetables
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
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
Ice cream

Thursday
Starters (choose one)
Orange Juice
Butternut squash soup
Main course (choose one)
Ham in parsley sauce
Bean goulash VE
Potatoes/Rice/Side dishes
Rice
Mashed potatoes
Chips
Vegetables
Peas
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)
Rhubarb crumble
Mousse
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

Friday
Starters (choose one)
Orange Juice
Tomato and red pepper soup
Main course (choose one)
Chicken leek and mushroom fricassee (chicken, leeks and mushrooms 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 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
Ice cream

Saturday
Starters (choose one)
Orange Juice VE
Carrot and coriander soup
Main course (choose one)
Chicken korma, a mild, creamy chicken curry
Filled jacket potato
Potatoes/Rice/Side dishes
Wholemeal rice
Mashed potatoes
Vegetables
Peas
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
Dessert (choose one)
Chocolate Sponge
Jelly and ice cream
Cheddar cheese and crackers
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
Starters (choose one)
Orange Juice
Parsnip and rosemary soup
Main course (choose one)
Salmon and dill fishcake
Cheese omelette VE
Potatoes/Rice/Side dishes
Chips
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)
Lemon sponge
Cheesecake
Custard pot
Cheddar cheese and crackers
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
Accompaniments
Custard

Supper menu (week 2)

Monday
Starters (choose one)
Orange Juice
Vegetable soup
Main course (choose one)
Fish in cheese sauce
Quorn sausage in vegetarian gravy
Potatoes/Rice/Side dishes
Mashed potatoes
Vegetables
Peas
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)
Rhubarb crumble
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
Accompaniments
Custard

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)
Sandwiches
White or Wholemeal bread (Please specify) Fillings include: Ham, Cheese, Chicken and Mayonnaise, Egg mayonnaise, Tuna mayonnaise and Hummus
Dessert (choose one)
Lemon sponge
Mousse
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

Wednesday
Starters (choose one)
Orange Juice
Cauliflower and apple soup
Main course (choose one)
Beef lasagne
Broccoli cheese
Potatoes/Rice/Side dishes
Mashed potatoes
Sauté potatoes
Vegetables
Carrots
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)
Rice pudding
Jelly and mandarins with ice cream
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

Thursday
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
Peas
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)
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

Friday
Starters (choose one)
Orange Juice
Tomato soup
Main course (choose one)
Corned beef hash
Vegetable korma (a mild, creamy curry)
Potatoes/Rice/Side dishes
Rice
Mashed potatoes
Vegetables
Baked beans
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

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
Starters (choose one)
Orange Juice
Cauliflower and apple soup
Main course (choose one)
Ham
Cheese and potato bake
Potatoes/Rice/Side dishes
Chips
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