




Senior House & Boarders' Menu

Menu Week 1 – Lunch



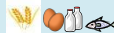



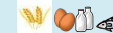
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Baked Potato with: Baked Beans Cheese Tuna Mayo  	Roast Chicken with Homemade Yorkshires   	Tomato Pasta Bake  	Pork or Beef Sausages with Gravy 	Beef Lasagne with Garlic Bread    	Roast Turkey with Gravy	Jumbo Fish Fingers  
		Cheddar Cheese Tart   	Veggie Mince & Vegetable Cottage Pie  	Vegetable Stir Fry with Egg Noodles   	Veggie Sausages with Gravy 	Quorn Korma & Rice  
	Roast Potatoes Peas & Carrots	New Potatoes Sweetcorn & Carrots	Mashed Potatoes Cauliflower Cheese Garden Peas	Steamed Broccoli Green Beans	Roast Potatoes Steamed Carrots Peas	Chips Baked Beans Sweetcorn
Mixed Salad Bar      Cold Meats	Mixed Salad Bar     Cold Meats	Mixed Salad Bar     Cold Meats	Mixed Salad Bar     Cold Meats	Mixed Salad Bar     Cold Meats	Mixed Salad Bar     Cold Meats	Mixed Salad Bar     Cold Meats
Bread Selection   	Bread Selection   	Bread Selection   	Bread Selection   	Bread Selection   	Bread Selection   	Bread Selection   
Sliced Fruit Yoghurts 	Sliced Fruit Yoghurts 	Apple Crumble & Custard   Sliced Fruit	Lemon Shortbread Biscuits  Sliced Fruit	Bakewell Tart    Sliced Fruit	Peach Crumble   Sliced Fruit	Cookies    Sliced Fruit
		Yoghurt Corner 	Yoghurt Corner 	Yoghurt Corner 	Yoghurt Corner 	Yoghurt Corner 

Key Allergens











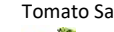















Celery  Wheat/Gluten  Shellfish  Eggs  Lupin  Soya  Fish  Dairy  Mollusc  Sulphur Dioxide  Mustard  Sesame 

Senior House & Boarders' Menu

Menu Week 1 - Afternoon Tea

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Selection Sandwiches Fresh Fruit Homemade Cake 	Selection Sandwiches Fresh Fruit Homemade Cake 	Selection Sandwiches Fresh Fruit Ginger Cake 	Selection Sandwiches Fresh Fruit Flapjack 	Selection Sandwiches Fresh Fruit Banana Loaf 	Selection Sandwiches Fresh Fruit Chocolate Crispy 	Selection Sandwiches Fresh Fruit Fruit Cake 

Menu Week 1 – Supper

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Lamb Burgers in Soft Bap 	Baked Salmon 	Boarders' Choice	Chicken and Vegetable Pie 	Breaded Chicken Breast with Garlic Butter 	Lamb Meatballs in Rich Tomato Sauce & Pasta 	Salami & Mozzarella Calzone 
Veggie Burger in Soft Bap 	Roasted Pepper & Courgette Frittata 		Quorn & Vegetable Pie 	Cheese & Onion Tart 	Veggie Meatballs in Rich Tomato Sauce with Pasta 	Sun Blushed Tomato & Basil Calzone 
Sautéed Potatoes Coleslaw Sweetcorn	New Potatoes Broccoli		New Potatoes Steamed Broccoli	Roasted Baby Potatoes Carrots & Peas	Sweetcorn	Sautéed Potatoes Broccoli
Salad Bar  Cold Meats Bread and Spreads 	Salad Bar  Cold Meats Bread and Spreads 	Salad Bar  Cold Meats Bread and Spreads 	Salad Bar  Cold Meats Bread and Spreads 	Salad Bar  Cold Meats Bread and Spreads 	Salad Bar  Cold Meats Bread and Spreads 	Salad Bar  Cold Meats Bread and Spreads 
Fresh Sliced Fruit	Fresh Fruit Salad	Fresh Sliced Fruit	Fresh Fruit Salad	Fresh Sliced Fruit	Fresh Fruit Salad	Fresh Sliced Fruit

Key Allergens

 Celery
  Wheat/Gluten
  Wheat
  Shellfish
  Eggs
  Lupin
  Soya
  Fish
  Dairy
  Mollusc
  Sulphur Dioxide
  Mustard
  Sesame
  Sesame

Senior House & Boarders' Menu

Menu Week 2 – Lunch

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Tomato Soup with:  Ham & Cheese Melts  	Roast Beef with Homemade Yorkshires   	Veggie Mince Bolognese with Garlic Bread   	Baked Potato with: Lamb Chilli Baked Beans Grated Cheese Tuna Mayo   	Chicken Chasseur  	Roast Loin Pork & Apple Sauce	Beef Madras & Rice  
Cheese Melts  	Cauliflower Cheese  	Vegetable Pie with Flaky Pastry  	Roasted Med-Veg & Halloumi Tray Bake with Fresh Basil 	Mac 'n' Cheese  	Red Leicester Tart   	Margarita Pizza   
	Roast Potatoes Roast Parsnips Peas & Carrots	New Potatoes Sweetcorn Broccoli	Rice Garden Peas	Mashed Potato Green Beans	Roast Potatoes Carrots & Peas	Chips Sweetcorn
Mixed Salad Bar      Cold Meats	Mixed Salad Bar      Cold Meats	Mixed Salad Bar      Cold Meats	Mixed Salad Bar      Cold Meats	Mixed Salad Bar      Cold Meats	Mixed Salad Bar      Cold Meats	Mixed Salad Bar      Cold Meats
Bread Selection   	Bread Selection   	Bread Selection   	Bread Selection   	Bread Selection   	Bread Selection   	Bread Selection   
Sliced Fruit Yoghurts	Sliced Fruit Yoghurts	Jam Sponge   Sliced Fruit Yoghurt Corner 	Apple Crumble   Sliced Fruit Yoghurt Corner 	Shortbread Biscuits  Sliced Fruit Yoghurt Corner 	Spiced Warm Pears Sliced Fruit Yoghurt Corner 	Chocolate Brownie   Sliced Fruit Yoghurt Corner 

Key Allergens

Celery  Wheat/Gluten  Shellfish  Eggs  Lupin  Soya  Fish  Dairy  Mollusc  Sulphur Dioxide  Mustard  Sesame 

Senior House & Boarders' Menu

Menu Week 2 - Afternoon Tea

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Selection Sandwiches Fresh Fruit Homemade Cake 	Selection Sandwiches Fresh Fruit Homemade Cake 	Selection Sandwiches Fresh Fruit Cherry Cake 	Selection Sandwiches Fresh Fruit Blueberry Muffins 	Selection Sandwiches Fresh Fruit Iced Lemon Sponge 	Selection Sandwiches Fresh Fruit Apple Flapjack 	Selection Sandwiches Fresh Fruit Cookies

Menu Week 2 – Supper


Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Bolognaise Pasta Bake with Garlic Bread 	Chicken Jambalaya 	Boarders' Choice	Beef & Vegetable Stew with Herby Dumplings 	Quiche Lorraine with Cheddar Cheese 	Shepherd's Pie 	Baked Salmon with Herb Butter
Spinach & Ricotta Tortellini in Rich Tomato Sauce with Garlic Bread 	Vegetable Chilli with Rice		Vegetable Stew with Herby Dumplings 	Cheese & Onion Tart 	Veggie Cottage Pie 	Vegetable Strudel
Sweetcorn Mixed Salad	Broccoli		Mashed Potatoes Broccoli	Roasted New Potatoes Sweetcorn & Peas	Carrots & Peas	New Potatoes Broccoli & Green Beans
Salad Bar Cold Meats Bread and Spreads 	Salad Bar Cold Meats Bread and Spreads 	Salad Bar Cold Meats Bread and Spreads 	Salad Bar Cold Meats Bread and Spreads 	Salad Bar Cold Meats Bread and Spreads 	Salad Bar Cold Meats Bread and Spreads 	Salad Bar Cold Meat Bread and Spreads
Fresh Fruit Salad	Fresh Sliced Fruit	Fresh Fruit Salad	Fresh Sliced Fruit	Fresh Fruit Salad	Fresh Sliced Fruit	Fresh Fruit Salad

Key Allergens

Celery Wheat/Gluten Shellfish Eggs Lupin Soya Fish Dairy Mollusc Sulphur Dioxide Mustard Sesame

Senior House & Boarders' Menu

Menu Week 3 – Lunch








Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Cheddar Cheese Tart 	Roast Pork with Homemade Yorkshire 	Pesto Pasta with Garlic Bread 	Shepherd's Pie 	Creamy Chicken Pie with Flaky Pastry 	Chicken Korma & Rice 	Breaded Turkey Burger in Soft Bap 
		Veggie Chilli Enchiladas 	Roasted Vegetable Quiche 	Aubergine Parmigiana 	Tomato & Vegetable Pasta 	Beef Tomato, Halloumi & Basil Pesto Stacks on Toast 
Warm New Potatoes Salad	Roast Potatoes Broccoli Sweetcorn	New Potatoes Broccoli Sweetcorn	New Potatoes Carrots Green Beans	Mashed Potatoes Peas & Carrots	New Potatoes Broccoli	Chips Baked Beans Peas
Mixed Salad Bar  Cold Meats	Mixed Salad Bar  Cold Meats	Mixed Salad Bar  Cold Meats	Mixed Salad Bar  Cold Meats	Mixed Salad Bar  Cold Meats	Mixed Salad Bar  Cold Meats	Mixed Salad Bar  Cold Meats
Bread Selection 	Bread Selection 	Bread Selection 	Bread Selection 	Bread Selection 	Bread Selection 	Bread Selection 
Sliced Fruit Yoghurts 	Sliced Fruit Yoghurts 	Mixed Fruit Crumble  Sliced Fruit Yoghurt Corner 	Flapjack  Sliced Fruit Yoghurt Corner 	Syrup Sponge  Sliced Fruit Yoghurt Corner 	Fruit Crumble  Sliced Fruit Yoghurt Corner 	Sticky Toffee Pudding  Sliced Fruit Yoghurt Corner 

Key Allergens


























 Celery
  Wheat/Gluten
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  Shellfish
  Eggs
  Lupin
  Soya
  Fish
  Dairy
  Mollusc
  Sulphur Dioxide
  Mustard
  Sesame
  Sesame

Senior House & Boarders' Menu

Menu Week 3 - Afternoon Tea

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Selection Sandwiches Fresh Fruit Homemade Cake 	Selection Sandwiches Fresh Fruit Homemade Cake 	Selection Sandwiches Fresh Fruit Fruit Shortbread 	Selection Sandwiches Fresh Fruit Chocolate Cake 	Selection Sandwiches Fresh Fruit Coconut Cake 	Selection Sandwiches Fresh Fruit Apricot Flapjack 	Selection Sandwiches Fresh Fruit Chocolate Muffins 

Menu Week 3 – Supper

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Fried Fillet Fresh Fish with Lemon Wedge 	Chicken & Vegetable Stew with Dumplings 	Boarders' Choice	Pulled Pork Baps 	Roast Topside Beef with Homemade Yorkshire Puddings 	Lasagne with Garlic Bread 	Chicken Chow Mein with Rice Noodles and Black Bean Sauce 
Fishless Fish Fingers	Vegetable Stew with Dumplings 		Sun Blushed Tomato, Basil Pesto & Mozzarella Ciabatta Melts 	Veggie Sausages with Homemade Yorkshire Puddings 	Roasted Vegetable Pasta Bake with Rich Tomato Sauce 	Vegetable Chow Mein with Rice Noodles and Black Bean Sauce 
Chips Peas	Mashed Potatoes Broccoli		Sautéed Potatoes Corn on Cobb Coleslaw	Roast Potatoes Carrots & Peas	Mixed Salad Sweetcorn	Broccoli
Salad Bar  Cold Meats Bread and Spreads 	Salad Bar  Cold Meats Bread and Spreads 	Salad Bar  Cold Meats Bread and Spreads 	Salad Bar  Cold Meats Bread and Spreads 	Salad Bar  Cold Meats Bread and Spreads 	Salad Bar  Cold Meats Bread and Spreads 	Salad Bar  Cold Meats Bread and Spreads 
Fresh Sliced Fruit	Fresh Fruit Salad	Fresh Sliced Fruit	Fresh Fruit Salad	Fresh Sliced Fruit	Fresh Fruit Salad	Fresh Sliced Fruit

Key Allergens

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