

Senior Weekly Menu

Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Soup of the Day

Soup of The Day
Served with Freshly
Baked Bread

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Main Dishes

Spaghetti Bolognaise

Jerk Chicken topped
with Pineapple and
Mango Salsa

Tofu, broccoli and
spinach chou mein

Roasted Loin of Pork
served with Crackling
and Apple Sauce

International Day

Baked Gnocchi with
Capers, Cherry
Tomatoes and Red
Onion

Plantain and Kidney
Bean Curry

Sesame, Edamame and
Egg ramen noodle pot

Roasted Vegetable
Wellington



Sides

Lemon And Herb
dressed Green Beans
Sauteed Courgettes

Jollof Rice
Grilled Corn
Collard Greens

Tempura ,mixed
Vegetables
Wilted Pak choi

Rosemary and Thyme
Roasted New Potatoes
Broccoli Florets
Steamed Baton Carrots
Gravy

Pasta and Jackets

Jacket Potato
Topped with Beans
and Cheese

Jacket Potato
Topped with Beans
and Cheese

Jacket Potato
Topped with Beans
and Cheese

Jacket Potato
Topped with Beans
and Cheese

Jacket Potato
Topped with Beans,
Cheese or Tuna
Crunch

Penne Pasta Topped
with Homemade
Tomato Sauce

Penne Pasta Topped
with Homemade
Tomato Sauce

Penne Pasta Topped
with Homemade
Tomato Sauce

Penne Pasta Topped
with Homemade
Tomato Sauce

Penne Pasta Topped
with Homemade
Tomato Sauce

Desserts

Chocolate Oreo
Brownie

Jamaican Spiced
Apple Cake

Creamy Rice Pudding
Topped with Mixed
Fruit

Steamed Syrup
Sponge Served With
Custard

International dessert



Senior Weekly Menu

Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Soup of the Day

Soup of The Day
Served with Freshly
Baked Bread

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Served with Freshly
Baked Bread

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Served with Freshly
Baked Bread

Soup of The Day
Served with Freshly
Baked Bread

Soup of The Day
Served with Freshly
Baked Bread

Main Dishes

Butchers Sausages
Served With Red
Onion Chutney

Margarita Pizza

Chipotle Spiced
Chicken Flatbread
topped with Citrus
Herbed Sour Cream

Lamb Moussaka

Homemade Salmon
and spring onion
Fishcakes

Red Onion and Goats
Cheese Tart tartan

Olive, sun dried
tomato and
Vegetable
Calzone Pizza

Garlic and Coriander
Falafel Flatbread
topped with a Minted
Cucumber Yoghurt

Quorn and Vegetable
Moussaka

Feta, Red Pepper and
sweet potato cake
topped with
Guacamole and
Crispy Leek

Sides

Yorkshire Puddings
Mashed Potatoes
Roasted Vegetables
Gravy

Smokey Potato
Wedges
Corn On the Cob

Mexican Rice
Grilled Spring Onions
Refried Beans

Green Beans
Corn On the Cobi

Fries
Green Beans
Minted Peas

Pasta and Jackets

Jacket Potato
Topped with Beans,
Cheese

Jacket Potato
Topped with Beans,
Cheese

Jacket Potato
Topped with Beans,
Cheese

Jacket Potato
Topped with Beans,
Cheese

Jacket Potato
Topped with Beans,
Cheese or
Bolognaise Sauce

Penne Pasta Topped
with Homemade
Tomato Sauce

Penne Pasta Topped
with Homemade
Tomato Sauce

Penne Pasta Topped
with Homemade
Tomato Sauce

Penne Pasta Topped
with Homemade
Tomato Sauce

Penne Pasta Topped
with Homemade
Tomato Sauce

Desserts

Apple Crumble and
Custard

Jam and Coconut
Cake

Mexican Chocolate
Cake with Cinnamon
Frosting

Bread And Butter
Pudding with Vanilla
Cream

Blueberry Crumble
Topped Muffins



Senior Weekly Menu

Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Soup of the Day

Soup of The Day
Served with Freshly
Baked Bread

Soup of The Day
Served with Freshly
Baked Bread

Soup of The Day
Served with Freshly
Baked Bread

Soup of The Day
Served with Freshly
Baked Bread

Soup of The Day
Served with Freshly
Baked Bread

Main Dishes

Penne Arrabiata with
Mozzarella and Basil

Sticky Chinese Beef
served with Asian
noodles

Chicken Burrito served
with Guacamole, sour
cream and homemade
Salsa Sauce

Hand Breaded Katsu
Chicken

Battered Fish With
Homemade Tartar
Sauce

4 Cheese Tagliatelle
Topped with Sauteed
Wild Mushrooms and
Garlic Chives

Hoisin Baked Tofu
served with Asian
noodles

Spicy Black bean
Taco's served with
Guacamole, sour
cream and homemade
Salsa Sauce

Katsu Quorn

Feta, Roasted Red
Pepper Filo Tart

Sides

Corn On the Cob
Garlic and Chilli
Green Beans

Prawn Crackers
Stir Fried Vegetables
Soy And Garlic Pak
Choi

Mexican Potatoes
Char Grilled Courgette
Mexican Street Corn

Coconut Rice
Asian Style Cabbage
Asian Roasted
Vegetables

Chips
Beans
Mushy Peas
Gravy

Pasta and Jackets

Jacket Potato
Topped with Beans,
Cheese

Jacket Potato
Topped with Beans,
Cheese

Jacket Potato
Topped with Beans,
Cheese

Jacket Potato
Topped with Beans,
Cheese

Jacket Potato
Topped with Beans,
Cheese or Chilli

Penne Pasta
Topped with
Homemade
Tomato Sauce

Penne Pasta Topped
with Homemade
Tomato Sauce

Penne Pasta Topped
with Homemade
Tomato Sauce

Penne Pasta Topped
with Homemade
Tomato Sauce

Penne Pasta Topped
with Homemade
Tomato Sauce

Desserts

Millionaire
Shortbread

Spiced Ginger Plum
Cake Served with
Vanilla Cream

Churros Served With
Strawberry Sauce

Citrus Baked
Cheesecake

Jam Roly Poly Served
With Custard

