

Llandough 1-week Menu September 2023 Lunch

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Fruit Juice</b>	<b>Fruit Juice</b>	<b>Fruit Juice</b>	<b>Fruit Juice</b>	<b>Fruit Juice</b>	<b>Fruit Juice</b>	<b>Fruit Juice</b>
<b>Main Course</b>	<b>Main Course</b>	<b>Main Course</b>	<b>Main Course</b>	<b>Main Course</b>	<b>Main Course</b>	<b>Main Course</b>
Cottage pie	Creamy Chicken, Ham and leeks	Roast Chicken and Stuffing	Chicken in BBQ sauce	Battered Fish	All Day Breakfast/Brunch Includes Bacon, Sausage, Hash Brown Baked beans, Tinned Tomatoes, Scrambled Egg Quorn Sausage	Roast beef and Yorkshire Pudding
Plain Omelette	Cheese Omelette	Glamorgan sausage	Vegetable Burgers	Cheese Omelette		
Glamorgan Sausage	Breaded Fish	Cheese and Onion Quiche & Side Salad	Corned Beef Hash	Pasta Bolognese served with a slice of Garlic Bread	Plain Omelette	Cheese and Potato Pie
<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>
Cream of Tomato served with a bread roll or Sandwich	Leek and Potato served with a bread roll or sandwich	Chicken Soup served with a bread roll or sandwich	Pea & ham soup served with a bread roll or sandwich	Carrot and Coriander served with a bread roll or sandwich	Leek and Potato served with a bread roll or sandwich	Chicken Soup served with a bread roll or sandwich
<b>Extras</b>	<b>Extras</b>	<b>Extras</b>	<b>Extras</b>	<b>Extras</b>	<b>Extras</b>	<b>Extras</b>
Herby Diced Potatoes	Boiled new potatoes in butter and parsley	Roast Potatoes	Herby Diced Potatoes	Chips		Roast potato
Mashed Potato	Chips	Mashed Potato	Rice			Mashed Potato
Country Mixed Vegetables	Peas/baked Beans	Carrots Green Beans	Baked Beans Country Vegetables	Mushy Peas Side Salad		Country mixed vegetables Baked Beans
Gravy	Gravy	Gravy				
<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>
Sticky Toffee Pudding and Custard	Apple and Rhubarb Crumble and custard	Jam Sponge and custard	Chocolate Chip Sponge and Custard	Rice Pudding	Chocolate and Cherry Sponge and Custard	Stewed Apple and Custard
Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream

Also available for dessert each day- yogurts, fresh fruit, custard pots, rice pots, fruit pots, cheese and crackers.

Llandough 1-week Menu September 2023 Supper

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Carrot and Coriander served with a bread roll or sandwich	Lentil and Vegetable served with a bread roll or sandwich	Leek and Potato served with a bread roll or sandwich	Cream of Tomato served with a bread roll or sandwich	Chicken Soup served with a bread roll or sandwich	Pea & ham soup served with a bread roll or sandwich	Lentil and Vegetable served with a bread roll or sandwich
Main Course	Main Course	Main Course	Main Course	Main Course	Main Course	Main Course
Beef Lasagne (Apetito) served with a slice of garlic bread	Mac n Cheese	Shepherd's Pasty Cheese and Potato Pie	Chilli Con Carne	Beef Casserole	Chicken & Spinach Tikka Masala with a mini naan Cauliflower and Broccoli Bake	Ham or Cheese Ploughman's served with a bread roll pickle and salad garnish Macaroni Cheese
Cauliflower and Broccoli cheese bake	Steak Casserole	Roast Gammon and Parsley Sauce	Cauliflower and Broccoli cheese bake	Cheese and Potato Pie	Chicken Kiev	Beef Meatballs in Tomato Sauce
Salad of the Day	Salad of the Day	Salad of the Day	Salad of the Day	Salad of the Day	Salad of the Day	Salad of the Day
Tuna Mayonnaise	Ham & Coleslaw	Corned Beef	Cheese & Coleslaw	Egg & Coleslaw	Tuna Mayonnaise	
Extras	Extras	Extras	Extras	Extras	Extras	Extras
Baked Potato	Baked Potato	Baked Potato	Baked Potato	Baked Potato	Baked Potato	Baked Potato
Potato wedges	Herby Diced Potatoes	Potato Wedges	New Potatoes with Butter and Parsley	Mashed Potato	Boiled Rice Potato Wedges	Potato Wedges
Peas	Country Mixed Vegetables	Mash Peas	Green Beans	Peas	Country mixed Vegetables	Sweetcorn
	Gravy	Baked Beans	Rice	Baked Beans		
Jacket Potato Filling	Jacket Potato Filling	Jacket Potato Filling	Jacket Potato Filling	Jacket Potato Filling	Jacket Potato Filling	Jacket Potato Filling
Tuna Mayonnaise	Grated Cheese	Coronation Chicken	Grated Cheese	Cajun Chicken	Tuna Mayonnaise	Chicken Tikka
Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
Chocolate Chip Sponge and Custard	Lemon Sponge and Custard	Apple Crumble and Custard	Eves Pudding and Custard	Mandarins & Cream	Apple and Blackberry Crumble and Custard	Red Fruit Crumble and Custard
Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream

Also available for dessert each day- yogurts, fresh fruit, custard pots, rice pots, fruit pots, cheese and crackers.