

1-week Menu September 2023 Lunch UHW

<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>
<b>Cottage pie</b>	<b>Creamy Chicken, Ham and Leeks</b>	<b>Roast Chicken and Stuffing</b>	<b>Chicken in BBQ sauce</b>	<b>Battered Fish</b>	<b>Shepherd's Pie</b>	<b>Roast beef and Yorkshire Pudding</b>
<b>Glamorgan Sausage</b>	<b>Breaded Fish</b>	<b>Cheese and Onion Quiche served with salad</b>	<b>Corned Beef Hash</b>	<b>Pasta Bolognese served with a slice of Garlic Bread</b>	<b>Plain Omelette served with salad</b>	<b>Cheese and Potato Pie</b>
<b>Pork Balti served with a mini Naan</b>	<b>Jacket Potato Beans and Cheese</b>	<b>Fish Pie with Cheesy topping</b>	<b>Cheese Omelette served with side salad</b>	<b>Tuna Mayonnaise Salad</b>	<b>Chicken Kiev</b>	<b>Roast Pork and stuffing</b>
<b>Extras</b>	<b>Extras</b>	<b>Extras</b>	<b>Extras</b>	<b>Extras</b>	<b>Extras</b>	<b>Extras</b>
<b>Boiled Rice Chips</b>	<b>Boiled new potatoes</b>	<b>Roast Potatoes</b>	<b>Herby Diced Potatoes</b>	<b>Chips</b>	<b>Herby Diced Potatoes</b>	<b>Roast potato</b>
<b>Mashed Potato</b>	<b>Herby Diced Potatoes</b>	<b>Mashed Potato</b>			<b>Mashed Potato</b>	<b>Mashed Potato</b>
<b>Country Mixed Vegetables Side salad</b>	<b>Peas Baked Beans</b>	<b>Carrots Green Beans Side salad</b>	<b>Baked Beans Country Vegetables Side salad</b>	<b>Mushy Peas Side Salad</b>	<b>Side salad Broccoli and Cauliflower</b>	<b>Country mixed vegetables Baked Beans</b>
<b>Gravy</b>	<b>Gravy</b>	<b>Gravy</b>			<b>Gravy</b>	
<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>
<b>Sticky Toffee Pudding and Custard</b>	<b>Apple and Rhubarb Crumble and custard</b>	<b>Jam Sponge and custard</b>	<b>Chocolate Chip Sponge and Custard</b>	<b>Rice Pudding</b>	<b>Chocolate and Cherry Sponge and Custard</b>	<b>Stewed Apple and Custard</b>
<b>Ice Cream</b>	<b>Ice Cream</b>	<b>Ice Cream</b>	<b>Ice Cream</b>	<b>Ice Cream</b>	<b>Ice Cream</b>	<b>Ice Cream</b>

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

**1-week Menu September 2023 Supper UHW**

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 B&B or a sandwich	Lentil and Vegetable served with B&B or a sandwich	Leek and Potato Served with B&B or a sandwich	Cream of Tomato served with B&B or a sandwich	Chicken Soup served with B&B or a sandwich	Pea & ham soup served with B&B or a sandwich	Cream of Tomato served B&B or a 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	Cheese and Potato pie	Chilli Con Carne	Beef Casserole Cheese & Potato Pie	Chicken & Spinach Tikka Masala with a mini naan	Ham or Cheese Ploughman's served with a bread roll pickle and salad garnish
Sausages in onion gravy	Steak Casserole	Roast Gammon served with Parsley Sauce	Cauliflower and Broccoli cheese bake	Jacket Potato with Coronation Chicken filling	Shepherd's Pasty	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	Jacket Potato
Tuna Mayonnaise	Ham/ or Cheese and Coleslaw	Corned Beef	Cheese and Coleslaw	Ham/Cheese and Coleslaw	Tuna Mayonnaise	Chicken Tikka Filling
Extras	Extras	Extras	Extras	Extras	Extras	Extras
Mashed Potato		Boiled New Potatoes	Potato Wedges	Gravy	Mashed Potato	Potato Wedges
Chips	Herby Diced Potatoes	Chips		Mashed Potato	Boiled Rice	
Peas	Carrots	Green Beans	Peas	Country mixed Vegetables	Baked Beans	Peas/Sweetcorn
Cauliflower		Baked Beans	Boiled Rice	Mixed salad	Gravy	
Gravy	Gravy	Gravy		Baked Beans		
Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
Rice Pudding	Lemon Sponge and Custard	Apple Crumble and Custard	Eves Pudding and Custard	Mandarins & Cream	Apple & Blackberry Crumble & Custard	Red fruit crumble & 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.