

<b><u>WEEK 1</u></b> <b><u>Lunch</u></b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Breakfast</u></b>	A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.	A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.	A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.	A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.	A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.
<b><u>Hot choice</u></b>	Bacon (GF,DF) scrambled eggs (GF,V) And baked beans (DF,V,GF)	Pancakes (V) with a Choice of sauces (V) And whipped cream (GF,V)	Pork or beef Sausages Or Quorn sausages (V) Fried egg (GF,V)	Bubble 'n' squeak (GF,V) Smokey bacon (GF,DF) And poached egg (GF,V)	Pancakes (V) with a Choice of sauces (V) And whipped cream (GF,V)
<b><u>Lunch</u></b> <b><u>Soup of</u></b> <b><u>day</u></b>	French onion (GF,DF,V) Garlic croutons(V) French stick(V)	Broccoli and Stilton (GF,V) Herb croutons (V)	Leek and potato (V) Fresh bread (V)	Vegetable broth (GF V, DF) Fresh bread(V)	Cream of Tomato (V) Herb croutons (V) Fresh breads (V)
<b><u>Hot option</u></b> <b><u>1</u></b>	Chicken Kiev (N) Or Vegetable Kiev (V) (N)	Spaghetti Bolognese (N) or Vegetable Bolognese (V) With garlic bread (V,N)	Honey roast Gammon (GF,DF) with Sage & onion stuffing (DF,V) Pineapple rings (GF,DF, V) Gravy (GF,DF,V, N)	Pasta & Tomato au gratin (V) With Italian breads (V,N)	Grilled salmon (GF,DF) With sautéed chilli veg (DF) Or Breaded cod fish fingers With lemon (N)
<b><u>Hot option</u></b> <b><u>2</u></b>	Beef & vegetable chilli (GF,DF) Or Bean & vegetable chilli (V,DF) Served with steamed rice (GF,DF,V) & nachos (V)	Prawn & egg fried rice (GF) Or Vegetable fried rice (V) With Prawn crackers (V)	Roast chicken (GF,DF) Or Five bean stuffed mushroom Au gratin (V,GF, N) Gravy (GF,DF,(V)	Turkey escalope (GF,DF) Served with steamed rice (GF,DF,V) and Chasseur sauce(V,GF)	Macaroni cheese (V) With fresh breads (V) Or Vegetable nuggets (V,N)
<b><u>Hot option</u></b> <b><u>3</u></b>	Baked jacket potato (GF,DF,V) With Baked beans (DF,V,GF) and cheese (V,GF)	Baked jacket potato (GF,V,DF) With a Smokey bacon & corn cream sauce	Baked jacket potatoes (GF) (DF,V) With Vegetable Ratatouille (V,DF)	Cornish pasties Or Cheese & onion pasties (V)	Chicken & vegetables Szechuan style Served with egg noodles
<b><u>Potatoes</u></b> <b><u>And</u></b> <b><u>Vegetables</u></b>	Lyonnais Potatoes (GF,V, N) Green beans Nicoise (GF,V,(N) And sweet corn (GF,DF,V)	Fresh mixed vegetables (GF,DF,V,N)	Roast potatoes (GF,DF,V, N) Baton carrots & peas (GF,DF,V,N)	Mash potatoes (GF, V) Baked jacket potato (GF,DF,V) Sautéed green Veg (GF,V)	Chipped (N) or Baked jacket potatoes Peas (N) & sweetcorn (GF,DF,V)
<b><u>A selection</u></b> <b><u>Of filled rolls</u></b> <b><u>DF &amp; GF options</u></b> <b><u>Available upon request</u></b>	Tuna, cheese, ham and egg. Plus guest fillings.	Tuna, cheese, ham and egg. Plus guest fillings.	Tuna, cheese, ham and egg. Plus guest fillings.	Tuna, cheese, ham and egg. Plus guest fillings.	Tuna, cheese, ham and egg. Plus guest fillings.
<b><u>Salads</u></b> <b><u>Dairy and Gluten salads</u></b> <b><u>will be</u></b> <b><u>clearly marked</u></b>	Tomato, cucumber, lettuce & coleslaw Plus guest salads	Tomato, cucumber, lettuce & coleslaw Plus guest salads	Tomato, cucumber, lettuce & coleslaw Plus guest salads	Tomato, cucumber, lettuce & coleslaw Plus guest salads	Tomato, cucumber, lettuce & coleslaw Plus guest salads
<b><u>Hot &amp; cold Desserts</u></b>	Creamed rice pudding with jam (GF,V) Or Tinned fruit(GF,DF,V) and cream (GF,V,N)	Chocolate sponge with chocolate sauce (V,N) Or Meringue with peaches and cream (GF,V)	Apple crumble & custard (V,N) Or Butter scotch whirl (V)	Jam & coconut sponge (V) Or Fresh fruit salad (GF,DF,V,N)	Bread & butter pudding With custard (V) Or Arctic Roll (V,N)

- N = Meal for Ruspini
- DF = Dairy Free.
- V = Vegetarian
- GF= Gluten free

Signs advising of dishes containing Nuts, or Nut trace, will be clearly marked

<b>WEEK 2</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b>Breakfast</b>		A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.	A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.	A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.	A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.	A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.	
<b>Hot choice</b>		Bacon (GF,DF) scrambled eggs (GF,V) And baked beans(DF,V,GF)	Pancakes (V) with a Choice of sauces (V) And whipped cream (GF,V)	Pork or beef sausages Or Quorn sausages (V) Fried egg (GF,V)	Bubble 'n' squeak (GF,V) Smokey bacon (GF,DF) And poached egg (GF,V)	Pancakes (V) with a Choice of sauces (V) And whipped cream (GF,V)	
<b>Lunch Soup of day</b>		Cream of mushroom (GF,V) With herb croutons (V) And French stick (V)	Carrot & cilantro (GF,DF,V) With fresh baked breads (V)	Cream of celery (V) With sesame seed croutons (V) And fresh baked breads (V)	Hot sweet & sour (V) With peppers & noodles	Puree of vegetable (GF,DF,V) With fresh baked breads (V)	
<b>Hot option 1</b>		Pork & leek or Beef Sausages(N) Or Quorn sausages (V,N) Onion gravy (GF,DF,V,N)	Pasta with a tomato And vegetable sauce (V,N) or a Leek & broccoli cream sauce (V) and garlic bread (V,N)	Roast beef (GF,DF) & Yorkshire pud (V,N) Or Yorkshire pud filled with honey Roasted vegetables (V,N)	Turkey Stroganoff Or Vegetable style Stroganoff (V) Served with Turmeric rice (GF,DF,V)	Breaded Cod fish fingers With lemon Or Salmon kedgeree (GF)	
<b>Hot option 2</b>		Chicken & vegetable curry (GF,DF) Or Vegetable curry (GF,DF,V) With rice (GF,DF,V) Puppodoms & Nan breads (V)	Sausage rolls (PORK) Or Vegetable lattice (V)	Roast chicken(GF)(DF) With Sage & onion stuffing(DF)(V)	Beef burgers Or Quorn burgers (V) Served in a Tomato relish bap (V)	Beef chilli (GF,DF) Or Quorn & vegetable chilli (DF,V) With boiled rice (GF,DF,V) & nachos (DF,V)	
<b>Hot option 3</b>		Baked jacket potato (GF)(DF)(V) With baked beans (DF)(V)(GF)& cheese (GF)(V)	Grilled salmon (GF,DF) With lemon & saffron rice (V,GF,DF)	Baked jacket potatoes With a spicy bean & vegetable casserole (GF,DF,V)	Lamb & vegetable Hot pot (GF)	Macaroni cheese (V,N) With fresh baked bread (V)	
<b>Potatoes And Vegetables</b>		Creamed potatoes (GF,V,N) Pureed carrots & Swede (GF,V,N) Garden peas (DF,V)	Potato wedges(GF,DF,V) Spaghetti hoops (V) Broccoli florets (GF,DF,V,N)	Roast potatoes (GF,DF,V,N) Cauliflower cheese (V) Baton carrots (GF,DF,V,N) Red wine gravy (GF,DF,V,N)	Sautéed potatoes (GF,DF,V) Baked jackets (GF,DF,DF,V,N) Baked beans (V,DF,N,GF) Steamed green beans (GF,DF,V)	Baked jacket potatoes (GF,DF,V) Or Chipped potatoes (GF,DF,V) Sweet corn (GF,DF,V) Garden peas (GF,DF,V,N)	
<b>A selection Of filled rolls DF &amp; GF options Available upon request</b>		Tuna, cheese, ham and egg. Plus guest fillings.	Tuna, cheese, ham and egg. Plus guest fillings.	Tuna, cheese, ham and egg. Plus guest fillings.	Tuna, cheese, ham and egg. Plus guest fillings.	Tuna, cheese, ham and egg. Plus guest fillings.	
<b>Salads Dairy and Gluten salads will be clearly marked</b>		Tomato, cucumber, lettuce & coleslaw Plus guest salads	Tomato, cucumber, lettuce & coleslaw Plus guest salads	Tomato, cucumber, lettuce & coleslaw Plus guest salads	Tomato, cucumber, lettuce & coleslaw Plus guest salads	Tomato, cucumber, lettuce & coleslaw Plus guest salads	
<b>Hot &amp; cold Desserts</b>		Creamed rice pudding with jam (GF,V) Or Tinned fruit (GF,DF,V) with ice cream (GF,V,N)	Banoffee pie (V) Or Belgium waffles with (N) Chocolate sauce (V,N)	Rhubarb crumble & custard (V,N) Or Assorted fruit gateaux (V)	Sticky toffee pudding (V) & Cream Or Fresh fruit salad (GF,DF,V,N)	Fruits of the Forreest Mousse (V,N) Or Orange marmalade sponge With custard (V)	

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<b><u>WEEK 3</u></b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Breakfast</u></b>	A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.	A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.	A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.	A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.	A selection of cereals, Breads and jams. Fresh fruit, Fruit juices and smoothies.
<b><u>Hot choice</u></b>	Bacon (GF,DF), Scrambled eggs (GF,V) And baked beans (DF,V,GF)	Pancakes (V) with a Choice of sauces (V) And whipped cream (GF,V)	Pork or beef sausages Quorn sausages (V) Fried egg (GF,V)	Bubble 'n' squeak (GF,V) Smokey bacon (GF,DF) And poached egg (GF,V)	Pancakes (V) with a Choice of sauces(V) And whipped cream (GF,V)
<b><u>Lunch Soup of day</u></b>	Potato & onion (GF,V) With herb croutons (V) Fresh baked breads (V)	Italian style bean & Vegetable (GF,DF,V) Fresh baked breads (V)	Spicy dhal (GF,DF,V) Fresh baked breads (V)	Green pea (GF,DF,V) Fresh baked breads (V)	Cream of tomato (V) Garlic croutons (V) Fresh baked breads (V)
<b><u>Hot option 1</u></b>	Chicken Tandori (GF,DF) Served with Pilau rice (GF,DF,V) Nann bread (V) & Curried dhal sauce (GF,V,DF) Or Stuffed Tandoori peppers (V,GF,DF)	Beef Lasagne (N) Or Vegetable Lasagne (V,N) With garlic bread (V)	Roast Pork (GF,DF) Or Quorn & Vegetable Wellington (V,N) Sage & onion stuffing (DF,V) Apple sauce (GF,DF,V) Gravy (GF,DF,V)	Penne pasta (V,DF,N) with a white Mushroom sauce (V) or a Tomato and fresh Basil sauce (DF,V,N) Served with garlic bread (V,N) (Mixed Salad for N)	Breaded Cod fish fingers With Lemon wedge (N) Or Oven baked Salmon (GF,DF) served with Cilantro & Orange flavoured rice (GF,DF,V)
<b><u>Hot option 2</u></b>	Baked Cannelloni With a herb & mozzarella cheese Topping (V) & Garlic bread (V)	Turkey Fajitas (DF) Or Quorn & pepper Fajitas (DF,V) With Guacamole (GF,V) sour cream (GF,V) & nachos (DF,V)	Roast chicken (GF,DF,N) Sage & onion stuffing (DF,V) Bread sauce (V) Gravy (GF,DF,V,N)	Sweet & sour Turkey (GF,DF) Or Sweet & Sour Vegetables (GF,DF,V) With Steamed rice (GF,DF,V) & Prawn crackers (DF,V)	Double cheese & Tomato Pizza Breads (V) Or Macaroni Cheese (V) With a herb & paprika dust (N)
<b><u>Hot option 3</u></b>	Shepherds pie (Lamb) (N) Quorn style Shepherds pie (N) (V)	Baked jacket potatoes (GF,DF,V) With Veg curry (GF,DF,V)	Baked jacket potato (GF,DF,V) With Chilli beef or Vegetable Chilli (V)	Cauliflower cheese (V)	Beef , Pork, or Quorn (V) sausages Chips (GF,DF,V) & Baked beans (GF,V,GF)
<b><u>Potatoes And Vegetables</u></b>	Sautéed cabbage & onion (GF,V,N) Sweet corn (GF,DF,V) Baked jacket potatoes (GF,DF,V)	Baked beans (DF,V,GF) Broccoli florets (GF,DF,V) (N) (Both)	Roast potatoes (GF,DF,V,N) Baton carrots & Honeyed roast parsnips (GF,DF,V,N)	Croquette (V) Or Baked jacket (GF,DF,V) Potatoes. Mixed peas & Baby onions (GF,DF,V)	Chipped potatoes (GF,DF,V,N) Sweet corn (GF,DF,V)
<b><u>A selection Of filled rolls DF &amp; GF options Available upon request</u></b>	Tuna, cheese, ham and egg. Plus guest fillings.	Tuna, cheese, ham and egg. Plus guest fillings.	Tuna, cheese, ham and egg. Plus guest fillings.	Tuna, cheese, ham and egg. Plus guest fillings.	Tuna, cheese, ham and egg. Plus guest fillings.
<b><u>Salads Dairy and Gluten salads will be clearly marked</u></b>	Tomato, cucumber, lettuce & coleslaw Plus guest salads	Tomato, cucumber, lettuce & coleslaw Plus guest salads	Tomato, cucumber, lettuce & coleslaw Plus guest salads	Tomato, cucumber, lettuce & coleslaw Plus guest salads	Tomato, cucumber, lettuce & coleslaw Plus guest salads
<b><u>Hot &amp; cold Desserts</u></b>	Tinned fruit (GF,DF,V,N) & cream (GF,V) Or Creamed rice pudding (GF,V)	Fruit topped cheesecake (V,N) Cream (GF,V) Or Jam & Chocolate Fritters With Custard (V)	Fruit jelly & Ice-cream Bricks (V,N) Or Honey & Lemon pancakes With custard or cream (V)	Chocolate Gateau (V) & Cream (V,GF) Or Apple, Cherry, & Cinnamon Pie with custard (V,N)	Fresh fruit salad (GF,DF,V) Or Ginger Sponge & custard (V)

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