

**Meals Available this week**

<u>Date</u>	<u>Meal</u>	<u>Allergens</u>
th	Tomato & Basil Soup *	
	Coronation Tart with New Potatoes & Salad *	Milk, Butter, Cheese, Eggs, Gluten
	Cherry Cobbler with Ice Cream	Cream, Milk, Eggs, Gluten, Butter
*****		
	Salmon Roulade *	Fish, Cream Cheese
	Roast Beef with Roast Potatoes, Yorkshire Pudding, Vegetables & Gravy *	Gluten
	Apple Strudel & Custard or Ice Cream	Milk, Eggs, Gluten
*****		
	Pate & Toast *	Pork, Gluten
	Breaded Plaice with Chips & Mushy Peas. *	Eggs, Gluten
	Peaches & Cream	Milk, Cream
*****		
	Cream of Celery Soup *	Celery, Cream
	Lemon Garlic Chicken with New Potatoes, Green Beans & Cauliflower *	Garlic
	Warm Baked Apples with Ice cream or Cream	Milk, Eggs, Cream, Butter
*****		
	Prawn Cocktail with Bread & Butter *	Crustaceans, Gluten, Butter
	Baked Salmon with Leek, Potato & Cheese Sauce *	Fish, Butter, Milk, Cheese
	Lemon Tart with Whipped Cream	Milk, Eggs, Gluten
*****		
	Orange & Melon Balls *	
	Lamb Chop with Creamed Potatoes & Vegetables *	Gluten
	Chocolate Profiteroles with Cream	Gluten, Eggs, Cream
*****		
	Chicken Soup *	Milk
	Fish Pie & Vegetables *	Fish, Milk, Cream, Butter May Contain Bones
	Berry Almond Tart with Ice Cream	Milk, Cream, Butter, Gluten, Almonds, Eggs

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Tray Service Available

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<u>Date</u>	<u>Meal</u>	<u>Allergens</u>
	Watermelon & Mint Salad *	
Or	<i>Brunch.</i> Sausages, Bacon, Mushrooms, Tomatoes, Beans, Eggs & Hash Browns Vegetarian Option Available	Wheat, Gluten, Eggs, Butter
	Or Crushed Avocado on Wholemeal Toast with a poached Egg. *	Wheat, Egg
	Homemade Rice Pudding with Blueberry Compote.	Cream, Milk.
*****		
	Watercress Soup *	Onions, Garlic
	Roast Pork with Stuffing Roast Potatoes, Vegetables & Apple Sauce *	Gluten
	Fruit Trifle *	Milk, Eggs, Gluten, Cream
*****		
Eg	Cheese Souffle with Salad *	Gluten
	Battered Cod with Chips & Peas *	Fish, Gluten, Wheat, Milk, Eggs, May contain Bones.
	Caramel Apple pie & Custard *	Milk, Eggs
*****		
	Smoked Salmon & Melon *	Fish
	Roast Lamb with Mint Sauce, Roast Potatoes & Vegetables *	Wheat
	Rhubarb & Custard Crunch *	Milk, Eggs, Gluten, Cream, Cereals
*****		
	French Onion Soup & Cheesy Croutons *	Gluten, Milk Cheese
	Sea Bream with Lyonnaise Potatoes, with Creamy Tarragon Sauce and Green Salad *	Fish, Dairy May contain bones
	Strawberry Jelly & Pitted Cherries & Cream *	Cream
*****		
	Seafood Bisque *	Fish
	Quiche Lorraine served with a mixed leaf Salad, Sauté potatoes, Coleslaw & Beetroot *	Eggs, Gluten, Wheat, Milk Cheese
	Ice Cream Sundae *	Wheat, Gluten, Eggs, Butter, Milk
*****		
	Breaded Mushrooms *	Cereals, Gluten, Wheat
	Poached Salmon with Vegetables, New Potatoes & a White Wine Sauce. *	Fish, Milk, Cream, Butter May Contain Bones
	Lemon Meringue Pie & Cream *	Milk, Cream, Cereals, Gluten, Wheat, Eggs
*****		

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Mackerel Pate

Fish, Milk, Cream Cheese

\*

Ham, Egg, Chips & Baked Beans

Gluten, Eggs

\*

Raspberry Ripple Ice Cream with Café Curls

Eggs, Gluten, Cream, Milk.

Egg & Prawn Mayonnaise

Eggs, Crustaceans

\*

Roast Chicken, Sausage wrapped in bacon  
Roast Potatoes, Vegetables, Stuffing & Red  
Currant Jelly

Gluten

\*

Fruit Pavlova

Eggs, Cream

Mushroom Soup

Gluten

\*

Smoked Haddock Poached in Milk with  
Creamed Potatoes, Vegetables & Cheese  
sauce

Fish, Cereals, Milk, Butter, Cheese  
May contain Bones.

\*

Treacle Sponge with Custard

Milk, Cream, Eggs, Gluten

Fried Camembert

Cereals, Egg, Milk

\*

Chicken Caesar Salad with Crunchy  
Croutons and a Creamy Caesar dressing

Dairy, Eggs, Fish, Mustard, Gluten, Wheat

\*

Lemon tart with Whipped Cream

Eggs, Gluten, Cream, Gluten

Tomato & Spring Onion Salad with Olive oil

\*

Oven baked Cod with a herb crust with  
Creamed Potatoes, Vegetables & Parsley Sauce

Fish, Gluten, Wheat, Cheese, Cream  
Milk, Butter

\*

Apple & Blackberry Crumble with Custard  
Or Cream

Wheat, Gluten, Eggs, Milk Cream

Pate & Toast with Salad

Gluten, Wheat

\*

Braised Steak & Red Onion, Roast Potatoes,  
& Vegetables

\*

Fruit Jelly & Cream

Milk, Cream

Vegetable Samosas with Salad and Mango  
Chutney

Gluten, Wheat, Mustard, Dairy, Eggs

\*

Fish Pie & Vegetables

Fish, Milk, Eggs, Gluten, Wheat  
May Contain Bones

\*

Strawberry Cheesecake

Wheat, Gluten, Milk, Eggs, Butter

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Crab & Rocket Salad

Shellfish

\*

Pork Sausages or Vegetarian Sausages  
With Cheddar Mash, Peas, Carrots &  
Onion Gravy.

Dairy, Wheat, Gluten, Eggs

\*

Egg Custard Tart with Whipped Cream

Gluten, Dairy, Eggs

Carrot and Coriander Soup

Garlic, Onions

\*

Roast Lamb with Mint Sauce, Roast Potatoes,  
Vegetables & Gravy

Wheat

\*

Lemon Crème brûlée

Milk, Eggs, Cream

Vegetable Soup

Garlic, Onions

\*

Sea Bass with Lemon-Butter Sauce  
Sauté Potatoes & Mediterranean  
Vegetables

Butter, Fish, May Contain Bones

\*

Bakewell Tart with Whipped Cream

Eggs, Gluten, Cream, Almonds

Orange & Grape Cocktail

\*

Roast Beef with Roast Potatoes,  
Vegetables & Gravy

Gluten, Wheat

\*

Eton Mess

Eggs, Dairy

Broccoli & Stilton Soup

Milk, Cheese, Garlic, Onions

\*

Battered Haddock, Chips &  
Mushy Peas  
Choice Large or Small

Wheat, Butter, Milk, Gluten, Eggs, Fish  
May Contain Bones

\*

Baked Chocolate Fondant with Ice Cream

Milk, Cream, Eggs, Butter

Crispy Battered Cod Bites & Salad

Fish, Gluten, Wheat, Dairy

\*

Shepherd's Pie & Vegetables

Wheat, Gluten, Dairy

\*

Pistachio & Almond Ice Cream with  
Café Curls

Milk, Eggs, Gluten, Almonds

Egg Mayonnaise

Eggs

\*

Lemon Dusted Sole with a Dijon Cream  
Sauce and Buttered New Potatoes

Wheat, Milk, Cream, Butter, Fish  
May Contain Bones

\*

Warmed Spiced Pears & Whipped Cream

Milk, Cream

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