



SENIOR MENU

WEEK **1**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast

Choice of Cereal with
Wholemeal Toast
Milk or Water

Choice of Cereal with
Wholemeal Toast
Milk or Water

Choice of Cereal with
Wholemeal Toast
Milk or Water

Choice of Cereal with
Wholemeal Toast
Milk or Water

Choice of Cereal with
Wholemeal Toast
Milk or Water

Morning Snack

Crackers with Cheese
& Cucumber
Milk or Water

Banana & Pear Slices
Milk or Water

Apple Slices & Raisins
Milk or Water

Homemade
Carrot & Apple Muffins
Milk or Water

Sliced Oranges
& Melon
Milk or Water

Lunch

Mixed Vegetable Curry
with Boiled Rice
Fruit Juice or Water

Shepherd's Pie (lamb)
topped with Sweet Potato
Fruit Juice or Water

Beef & Vegetable
Lasagne
Fruit Juice or Water

Creamy Chicken,
Broccoli & Potato Pie
Fruit Juice or Water

Spaghetti Bolognese
Fruit Juice or Water

Afternoon Snack

Fresh Fruit Salad
Milk or Water

Homemade Hummus
& Oat Cakes
Milk or Water

Mixed Fruit Yoghurt
Milk or Water

Oranges & Pears
Milk or Water

Rice Cakes with Honey
Milk or Water

Tea

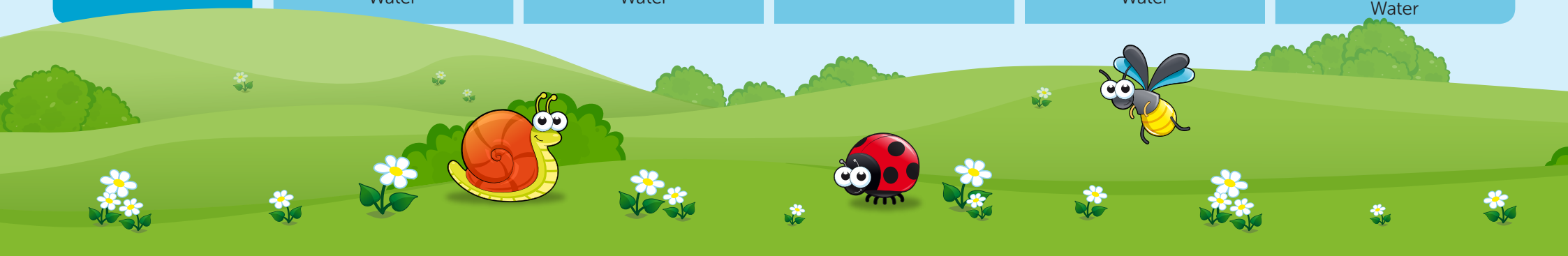
Chicken Noodle Soup
with Brown Bread
Water

Ham & Mixed Pepper
Omelette
Water

Tuna & Tomato Melts
Water

Cheesy Vegetable
Pasta Bake
Water

Homemade
Vegetable Soup
& Brown Bread
Water





SENIOR MENU

WEEK **2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Choice of Cereal with Wholemeal Toast Milk or Water	Choice of Cereal with Wholemeal Toast Milk or Water	Choice of Cereal with Wholemeal Toast Milk or Water	Choice of Cereal with Wholemeal Toast Milk or Water	Choice of Cereal with Wholemeal Toast Milk or Water
Morning Snack	Apple & Banana Slices Milk or Water	Oatcakes with Cream Cheese Milk or Water	Oranges & Pear Milk or Water	Banana & Raisins Milk or Water	Pear & Apple Milk or Water
Lunch	Salmon and Broccoli Pasta Bake Fruit Juice or Water	Homemade Beef & Vegetable Curry with Noodles Fruit Juice or Water	Savoury Lamb & Vegetable Casserole Fruit Juice or Water	Roast Chicken, Vegetables and Potatoes Fruit Juice or Water	Turkey Meat Balls & Spaghetti Fruit Juice or Water
Afternoon Snack	Mixed Fruit Yogurt Milk or Water	Banana & Pear Slices Milk or Water	Homemade Blueberry Muffins Milk or Water	Rice cakes with Hummus Milk or Water	Banana Bread Milk or Water
Tea	Creamy Chicken & Vegetable Soup with Brown Bread Water	Ham, Cheese & Tomato Toasties Water	Spinach & Mushroom Cheesy Pasta Bake Water	Homemade Ham, Cheese & Pineapple Pizza Slices Water	French Toast with Maple Syrup and Berries Water





SENIOR MENU

WEEK **3**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast

Choice of Cereal with
Wholemeal Toast
Milk or Water

Choice of Cereal with
Wholemeal Toast
Milk or Water

Choice of Cereal with
Wholemeal Toast
Milk or Water

Choice of Cereal with
Wholemeal Toast
Milk or Water

Choice of Cereal with
Wholemeal Toast
Milk or Water

Morning Snack

Banana Slices with Raisins
Milk or Water

Apple & Pear Slices
Milk or Water

Bananas & Blueberries
Milk or Water

Fresh Fruit Salad
Milk or Water

Cream Cheese & Oatcakes
Milk or Water

Lunch

Macaroni Cheese
with Broccoli
Fruit Juice or Water

Savoury Beef &
Vegetable Stew
Fruit Juice or Water

Sweet Chilli Chicken with
Vegetables & Couscous
Fruit Juice or Water

Spaghetti Milanese
with Pork
Fruit Juice or Water

Baked Ham, Potato
& Cabbage
Fruit Juice or Water

Afternoon Snack

Homemade Humous
with Oatcakes
Milk or Water

Fruit Yoghurt & Raisins
Milk or Water

Homemade Madeira Buns
Milk or Water

Rice cakes & Honey
Milk or Water

Fresh Fruit Salady
Milk or Water

Tea

Potato Cakes with
Bacon & Baked Beans
Water

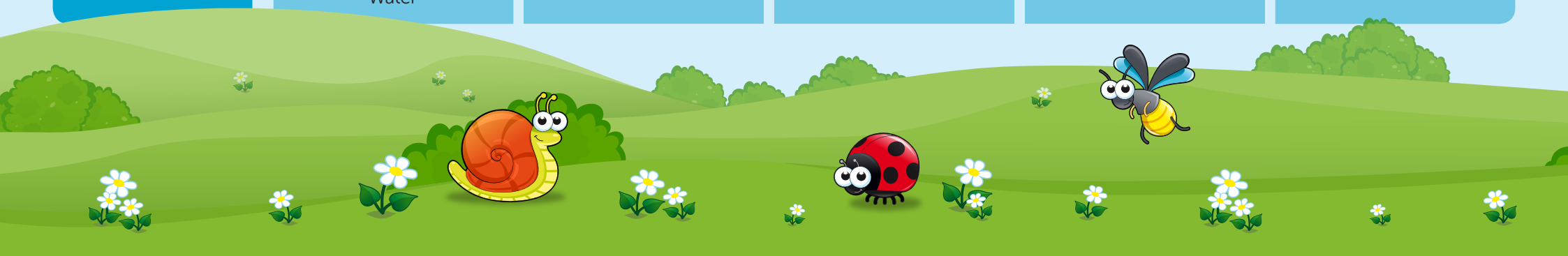
Ham & Cheese Toasties
Water

Herby Pasta Bake
Water

Tuna & Tomato Melts
Water

Chef's Special Choice

Water





SENIOR MENU

WEEK **4**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Choice of Cereal with Wholemeal Toast Milk or Water	Choice of Cereal with Wholemeal Toast Milk or Water	Choice of Cereal with Wholemeal Toast Milk or Water	Choice of Cereal with Wholemeal Toast Milk or Water	Choice of Cereal with Wholemeal Toast Milk or Water
Morning Snack	Rice Cakes & Cheese Milk or Water	Oranges & Bananas Milk or Water	Fresh Fruit Salad Milk or Water	Homemade Blueberry Muffins Milk or Water	Apple & Raisins Milk or Water
Lunch	Spaghetti Marinara with Broccoli and Red Pepper Fruit Juice or Water	Breaded Chicken, Mixed Vegetables & Mashed Potato Fruit Juice or Water	Beef & Vegetable Pasta Bolognese Fruit Juice or Water	Chicken & Broccoli Bake with Mashed Potato Topper Fruit Juice or Water	Lemon & Garlic Chicken with stir fried vegetables and Rice Fruit Juice or Water
Afternoon Snack	Pear & Melon Slices Milk or Water	Oat Cakes with Hummus Milk or Water	Banana Slices with Raisins Milk or Water	Oranges & Apples Milk or Water	Homemade Fruit Scones Milk or Water
Tea	Home Made Bacon & Mushroom Pizza Slices Water	Pasta Shells with Tomato & Pepper Sauce Water	Baked Beans on Toast Water	Homemade Sausage Roll with Hidden Vegetable Tomato Sauce Water	Creamy Chicken & Vegetable Soup with Brown Bread Water

