



# *This Weeks* MENU

*Low Fat Menu*

## Monday

**Breakfast**

Selection of Cereals, fresh fruit, Tea or coffee

**Lunchtime**

Lancashire Lamb & Spinach Hotpot, Mash Potato, Sliced Carrots & Cabbage

**Teatime**

Poached egg & Tomato  
Homemade Soup of the Day

## Tuesday

**Breakfast**

Selection of Cereals, fresh fruit, Tea or coffee

**Lunchtime**

Chicken & Mushroom Casserole, New Potatoes, Broccoli & Sweet corn

**Teatime**

Jacket Potato & baked beans,  
Homemade Soup of the Day



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# *This Weeks M* **ENU**

*Low Fat Menu*

## Wednesday

**Breakfast**

Selection of Cereals, fresh fruit, Tea or coffee

**Lunchtime**

Braised Pork & Apple Hotpot, Cauliflower, Brussels sprouts & Fondant potatoes

**Teatime**

Scrambled egg on brown toast  
Homemade Soup of the Day

## Thursday

**Breakfast**

Selection of Cereals, fresh fruit, Tea or coffee

**Lunchtime**

Turkey & Tomato Stew with butternut squash, peas & Diced potatoes

**Teatime**

Steamed Kippers & garden salad  
Homemade Soup of the Day



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## Friday

**Breakfast**

Selection of Cereals, fresh fruit, Tea or coffee

**Lunchtime**

Poached Cod with parsley sauce, mushy peas & boiled potatoes

**Teatime**

Roast Ham & cress salad  
Homemade Soup of the Day

## Saturday

**Breakfast**

Selection of Cereals, fresh fruit, Tea or coffee

**Lunchtime**

Beef & Thyme Cottage Pie, Parsnips & Swede

**Teatime**

Chicken & Leek Omelette  
Homemade Soup of the Day



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## Sunday

**Breakfast**

Selection of Cereals, fresh fruit, Tea or coffee

**Lunchtime**

Roast Chicken & stuffing roast potatoes, carrot, peas & red wine gravy

**Teatime**

Chunky Vegetable & Barley Broth

Homemade Soup of the Day



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