

03/07/2017 31/07/2017 28/08/2017	04/07/2017 01/08/2017 29/08/2017	05/07/2017 02/08/2017 30/08/2017	06/07/2017 03/08/2017 31/08/2017	07/07/2017 04/08/2017 01/09/2017	08/07/2017 05/08/2017 02/09/2017	09/07/2017 06/08/2017 03/09/2017
Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch	Sunday Lunch
Milk Meal	Meat Meal	Meat Meal	Milk Meal	Milk meal	Meat Meal	Meat meal
Watercress Soup or Melon *** Fried Fish in Matzo Meal *** Stir Fry Veg with Quorn & Bean Sprouts *** Mashed Potatoes Chips Peas *** Vanilla Ice Cream (Diabetics: Diabetic Cake)	Minestrone Soup or Grapefruit (Not Suitable for Statins) *** Beef Burger with Onions *** Quorn Veg Burger with Onions *** Mash, Potato Wedges Coleslaw, Mixed Salad *** Summer Fruit Salad (Suitable for Diabetics)	Courgette Soup or Melon *** Lamb Tagine *** Veg Schnitzel *** Mashed Potatoes Cous Cous Mediterranean Veg *** Baked Stuffed Apple and Pave Custard (Suitable for Diabetics)	Potato and Leek Soup or Orange Segments *** Poached Salmon with Herb Mayo *** Cheese & Tomato Quiche *** Mashed Potatoes Boiled New Potatoes Broccoli *** Lemon Cheesecake (Suitable for Diabetics)	Cauliflower Soup or Melon *** Macaroni Cheese *** Tuna Salad *** Mashed Potatoes Tomato & Onion Salad Mixed Leaf Salad *** Almond pudding (Diabetic: Cake)	Tomato and Basil Soup or Grapefruit (Not Suitable for Statins) *** Turkey and Courgette Meatballs in Onion Gravy *** Vegetable Rissoles *** Vegetable Medley Mashed Potatoes *** Mandarine Jelly (Diabetics: Diabetic Madarine jelly)	Celeriac and Fennel Soup or Orange Segments *** Roast Lamb with Mint Sauce *** Lentil Casserole *** Mashed Potatoes Roast Potatoes Savoy Cabbage *** Fruits of the forest Pie (Suitable for Diabetics)
Tea or Coffee with Milk	Lemon Tea or Black Coffee	Lemon Tea or Black Coffee	Tea or Coffee with Milk	Tea or Coffee with Milk	Lemon Tea or Black Coffee	
Afternoon Teacake: Jam & Coconut Sponge	Afternoon Teacake: Assorted Cookies	Afternoon Teacake: Fruit Cake	Afternoon Teacake: Cherry Cake	Afternoon Teacake: Lemon Drizzle Cake	Afternoon Teacake: Shortbread Biscuits	Afternoon Teacake: Marble Cake
Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Meat Meal	Supper Milk Meal	Supper Milk Meal
Red Lentil Soup *** Sandwiches *** Cheese Platters with Crackers & Pickle *** Rice Pudding with Dairy Cream (Suitable for Diabetics)	Cream of Broccoli Soup *** Sandwiches *** Spinach and Cream Cheese Canneloni *** Mixed Leaf Salad *** Summer Berry Pudding (Diabetics: Diabetic Berry Jelly)	Cream of Mushroom Soup *** Sandwiches *** Jacket Potatoes with Tuna, Cheese or Beans *** Mixed Salad *** Chocolate Cake with Chocolate Sauce (Diabetics: Cake)	Carrot and Coriander Soup *** Sandwiches *** Pickled Herring *** Israeli Salad Potato and Chive Salad *** Cold Stewed Apple with Dairy Cream (Suitable for Diabetics)	Chicken Soup with Kneidlach or Chopped Liver & Egg and Onion *** Roast Chicken with Gravy *** Vegetable and Beans Risotto *** Mashed Potatoes Roast Potatoes Spring Greens Glazed Carrots *** Plum Strudel (Suitable for Diabetics)	Cream of Butter Bean Soup *** Sandwiches *** Fried or Boiled Gefilte Fish *** Mixed Salad Beetroot and Onion Salad *** Strawberries and Dairy Cream (Suitable for Diabetics)	Vegetable Soup *** Sandwiches *** Scrambled Eggs *** Grilled Tomatoes *** Peaches and Cream *** (Diabetic: Fruit Fool)
Tea or Coffee with Milk	Tea or Coffee with Milk	Tea or Coffee with Milk	Tea or Coffee with Milk	Lemon Tea or Black Coffee	Tea or Coffee with Milk	Tea or Coffee with Milk