

17/07/2017 14/08/2017 11/09/2017	18/07/2017 15/08/2017 12/09/2017	19/07/2017 16/08/2017 13/09/2017	20/07/2017 17/08/2017 14/09/2017	21/07/2017 18/08/2017 15/09/2017	22/07/2017 19/08/2017 16/09/2017	23/07/2017 20/08/2017 17/09/2017
Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch	Sunday Lunch
Milk Meal	Meat Meal	Milk Meal	Meat Meal	Meat Meal	Meat Meal	Meat meal
Butterbean and Thyme Soup or Orange Segments *** Fried Fish in Matzo Meal *** Mushroom Stroganoff with Rice *** Mashed Potatoes Chips Peas *** Apple Crumble with Dairy Cream (Suitable for Diabetics)	Tomato Soup *** Grapefruit (Not Suitable for Statins) *** Paprika Chicken *** Vegetable Sausages with Onions *** Mashed Potatoes Boiled Potatoes Cabbage *** Poached Pear in Red wine Sauce (Suitable for Diabetics)	Minestrone Soup or Melon *** Poached Salmon in Lemon and Dill Sauce *** Vegetable and Bean Casserole *** Broccoli New Potatoes Mashed Potatoes *** Apple Crumble with Dairy Cream (Suitable for Diabetics)	Red Lentil and Garlic Soup or Orange Segments *** Savoury Mince *** Aubergines, Quorn and Tomatoes with Herb Sauce *** Green Beans Rice Mashed Potatoes *** Almond Pudding with Pave Cream (Diabetics: Cake)	Celery Soup or Grapefruit (Not Suitable for Statins) *** Viennas in Onion Gravy *** Veg and Bean Cutlets in Tomato Sauce *** Mashed Potatoes Chips Grilled Basil Tomato *** Peaches and Raspberry Coulis (Suitable for Diabetics)	Butternut Squash Soup or Melon *** Beef Casserole or Penne with Olive oil served with a Tomato and Oregano Sauce *** Mashed Potatoes Boiled Parsley Potatoes Spinach and Onion *** Fruit Salad (Suitable for Diabetics)	Mushroom Soup or Orange Segments *** Roast Turkey with Cranberry Sauce *** Quorn and Veg Hotpot *** Mashed potatoes Roast Potatoes Saute Courgettes *** Stewed Apple with Pave Cream (Pave Cream not Suitable for Diabetics)
Tea or Coffee with milk	Lemon tea or Black Coffee	Tea or Coffee with milk	Lemon tea or Black Coffee	Lemon tea or Black Coffee	Lemon tea or Black Coffee	Lemon tea or Black Coffee
Afternoon Teacake: Chocolate Chip Cookie	Afternoon Teacake: Banana Cake	Afternoon Teacake: Cinnamon Cake	Afternoon Teacake: Walnut Cake	Afternoon Teacake: Shortbread Biscuits	Afternoon Teacake: Chocolate Cake	Afternoon Teacake: Apple Cake
Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Milk Meal
Celeriac Soup *** Sandwiches *** Hummus, Mint Yoghurt and Cucumber dip served with Pita Bread and Falafel (More Sandwiches for Wohl Wing and Sampson) *** Rocket and olive Salad *** Eton Mess with Strawberries *** (Diabetic: Strawberry Fool)	Cauliflower Soup *** Sandwiches *** Egg & Anchovy Salad *** Mixed Leaf Salad *** Melon and Orange Cocktail (Suitable for Diabetics)	Leek and Potato Soup *** Sandwiches *** Cheese Platters, Crackers and Pickle *** Banoffee Pie *** (Diabetic: Bananas and Cream)	Mixed Vegetable Soup *** Sandwiches *** Jacket Potato with Beans, Cheese & Tuna *** Mixed Salad *** Jelly and Dairy Ice Cream *** (Diabetic: Jelly)	Chicken Soup with Kneidlach & Lockshen or Chopped Liver and Egg & Onion *** Honey Glazed Chicken *** Nutloaf *** Mashed Potatoes Roast Potatoes Carrot Tzimmes Spring greens *** Apple Strudel with Pave Cream (Pave Cream not Suitable for Diabetics)	Summer Vegetable Soup *** Sandwiches *** Boiled or Fried Gefilte Fish *** Continental Salad Coleslaw *** Apricot Conde (Suitable for Diabetics)	Carrot and Coriander Soup *** Sandwiches *** Cauliflower Cheese *** Grilled Tomato Mixed Leaf Salad *** Lockshen Pudding and Cream (Suitable for Diabetics)
Tea or Coffee with milk	Tea or Coffee with milk	Tea or Coffee with milk	Tea or Coffee with milk	Tea or Coffee with milk	Tea or Coffee with milk	Tea or Coffee with milk