Winter Menu Kitchen Copy

Yellow – 3 Liquidised **Green – 4 Pureed** **Red – 5 Minced & Moist** **Blue – 6 Soft & Bite Sized** **Black – 7 Easy to Chew/Regular** **Please see recipes for guidance on descriptors**

MENU 1	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Minted Lamb Hot Pot 3 4 5 6 7	Roast Turkey with Cranberry Sauce & Gravy 3 4 5 6 7	Chicken & Chorizo with a Tomato Sauce 3 4 5 6 7	Creamy Fish & Spinach Pie Topped with Mash Potato (salmon, cod, haddock) 3 4 5 6 7	Roast Pork with Apple Sauce & Gravy 3 4 5 6 7	Turkey Ratatouille with Rice 3 4 5 6 7	Home Battered Fish Or Poached Fish Fillet with Parsley Sauce 3 4 5 6 7
Allergens	Celery	No Allergens	Celery Milk Soya	Crustaceans Fish Milk Gluten	No Allergens	No Allergens	Fish Egg Milk Gluten
ALTERNATIVE	Sweet & Sour Chicken with Rice 4 5 6 7	Smoked Haddock & Dill Tart 4 5 6 7	Minced Pork, Sage & Onion Pie Topped with Pastry 4 5 6 7	Beef Chilli with Rice 4 5 6 7	Smoked Haddock Fishcakes with Parsley Sauce 3 4 5 6 7	Liver & Bacon Casserole 3 4 5 6 7	Cheese Burger 3 4 5 6
Allergens	Celery Gluten Soya	Egg Gluten Fish Milk	Celery Egg Gluten Milk Soya	No Allergens	Fish Egg Gluten Milk	Gluten	Egg Gluten Milk
VEGETARIAN	Stuffed Peppers with Tomatoes, Cheese & Spinach 6 7	Quorn Chicken Casserole 3 4 5 6 7	Vegetable Tagine 3 4 5 6 7	Sweet Potato Pea & Feta Frittata 4 5 6 7	Quorn Mince Topped with Carrot & Swede Mash 3 4 5 6 7	Butternut Squash & Sage Risotto 4 5 6 7	Vegetable Mousakka 4 5 6 7
Allergens	Milk	Celery Egg	Celery	Egg	Egg Gluten Milk	Gluten Milk	Gluten Milk
DESSERT	Rice Pudding with Jam 3 4 5 6 7	Winter Berry Trifle 5 6 7	Cherry Bakewell Sponge Pudding with Custard 3 4 5 6 7	Baked Apples with Raisins & Caramel Sauce 3 4 5 6 7	Spiced Pear Crumble with Ice Cream 5 6 7	Pineapple Upside Down Pudding with Custard 3 4 5 6 7	Spotted Dick with Cream 4 5 6 7
Allergens	Gluten Milk Soya	Egg Gluten Milk Tree Nuts Ground Nuts Soya	Milk Egg Gluten Tree Nuts Sulphites Soya	Milk	Gluten Milk Tree Nuts Ground Nuts	Egg Gluten Milk Egg Soya Sulphite	Milk Gluten
LIGHT MEAL	Cheesy Leek & Bacon Pasta Bake 4 5 6 7	Afternoon Tea 3 4 5 6 7	Egg, Chips with Beans 4 5 6 7	Chicken, Tomato, Spinach & Potato Gratin 3 4 5 6 7	Minced Beef Pasta Bake 3 4 5 6 7	Sardines in a Tomato Sauce with Courgettes & Spaghetti 4 5 6 7	Sausage & Mushroom Flan with Plum Tomatoes 3 4 5 6 7
Allergens	Gluten Milk	Ground Nuts Tree Nuts Milk Gluten Eggs Mustard Soya Celery Sulphites	Egg	Celery Milk	Celery Gluten Milk Fish Mustard	Fish Celery Gluten	Egg Gluten Mustard Ground Nuts Milk Soya Sulphites
ALTERNATIVE. Allergens Tree Nuts Ground Nuts Gluten Milk Soya Mustard sulphites Egg	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich

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MENU 2	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Lamb & Barley Casserole 3 4 5 6 7	Roast Beef, Horseradish Sauce & Yorkshire Pudding with Gravy 3 4 5 6 7	Pork & Pepper Meatballs in a Tomato Sauce 3 4 5 6 7	Breaded Turkey Steaks with a Mushroom Sauce 3 4 5 6 7	Slow Cooked Pork & Cider Casserole 3 4 5 6 7	Cottage Pie Topped with Cheesy Mash with Gravy 3 4 5 6 7	Home Battered Fish Or Poached Fish Fillet with Parsley Sauce 3 4 5 6 7
Allergens	Celery Gluten	Egg Gluten Milk	Egg Gluten	Milk Egg Gluten	Celery Gluten Milk Mustard	Milk	Egg Fish Gluten Milk
ALTERNATIVE	Bacon Onion Suet Roll with Gravy 5 6 7	Stilton & Red Onion Tart 4 5 6 7	Chicken Korma with Rice 4 5 6 7	Beef Goulash 3 4 5 6 7	Scampi & Chips with Tartar Sauce & Lemon 7	Sausage with Caramelised Onions with Gravy 3 4 5 6 7	Ham, Egg with Chips 4 5 6 7
Allergens	Gluten	Egg Gluten Milk	Milk	Gluten Milk	Crustaceans Gluten Egg Fish Mustard	Gluten Sulphites	Egg
VEGETARIAN	Vegetable Chilli with Cous Cous 5 6 7	Spicy Bean Casserole 3 4 5 6 7	Quorn Toad in the Hole 5 6 7	Vegetable lasagne 4 5 6 7	Cheese & Tomato Quiche 4 5 6 7	Tomato & Spinach Pasta Bake 3 4 5 6 7	Vegetable Curry 3 4 5 6 7
Allergens	No Allergens	Celery Milk	Egg Gluten Milk	Gluten Milk	Egg Gluten Milk	Gluten Milk	Celery
DESSERT	Ginger Sponge with Custard 3 4 5 6 7	Chocolate Tiramisu 3 4 5 6 7	Pear & Berry Pie with Cream 4 5 6 7	Sticky Toffee Pudding with Custard 3 4 5 6 7	Orange Cinnamon Crumble Topped Minced Meat Tart with Cream 3 4 5 6 7	Lemon & Sultana Sponge with Custard 5 6 7	Chocolate Mousse with Shortbread Biscuits 3 4 5 6 7
Allergens	Egg Gluten Milk Soya	Egg Gluten Milk Soya	Gluten Milk	Egg Gluten Milk Soya	Egg Gluten Milk Soya Sulphites	Egg Gluten Milk Soya	Gluten Milk
LIGHT MEAL	Beef Lasagne with Salad 4 5 6 7	Afternoon Tea 3 4 5 6 7	Tuna Onion & Potato Frittata with Baked Beans 4 5 6 7	Macaroni Cheese with Plum Tomatoes 3 4 5 6 7	Homemade Chicken & Mushroom Pasty with Peas & Sweetcorn 4 5 6 7	Smoked Haddock Kedgeree 5 6 7	Turkey Bolognaise Pasta Bake 4 5 6 7
Allergens	Gluten Milk	Ground Nuts Tree Nuts Milk Gluten Eggs Mustard Soya Celery Sulphites	Egg Fish Milk	Gluten Milk Mustard	Egg Gluten	Egg Fish Gluten Milk	Gluten Milk
ALTERNATIVE. Allergens Tree Nuts Ground Nuts Gluten Milk Soya Mustard sulphites Egg	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich

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MENU 3	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Braised Beef in a Red Wine & Shallot Sauce 3 4 5 6 7	Roast Chicken Sausage & Sage Stuffing with Gravy 3 4 5 6 7	Steak & Kidney Pie with Gravy 4 5 6 7	Turkey Casserole with Herby Dumplings 4 5 6 7	Spiced Marmalade Glazed Gammon with Gravy 3 4 5 6 7	Chicken in a Creamy Mushroom & Pepper Sauce 3 4 5 6 7	Home Battered Fish Or Poached Fish Fillet with Parsley Sauce 3 4 5 6 7
Allergens	Celery	Celery Gluten Milk Soya	Gluten	Celery Gluten	Gluten Mustard Sulphites	Gluten Milk	Fish Egg Milk Gluten
ALTERNATIVE	Salmon & Dill Fishcakes with Parsley Sauce 3 4 5 6 7	Cream Cheese, Spinach & Tomato Slice 3 4 5 6 7	Lamb Tagine with Sweet Potatoes 3 4 5 6 7	Pork Meatloaf with Tomato Sauce 3 4 5 6 7	Smoked Haddock in a Spinach & Cheese Sauce 3 4 5 6 7	Beef Curry with Rice 4 5 6 7	Homemade Cornish Pasty 4 5 6 7
Allergens	Egg Gluten Fish Milk	Egg Gluten Milk	Gluten	Fish Gluten Milk	Fish Gluten Milk	Celery	Egg Gluten
VEGETARIAN	Quorn Chicken & Spinach Pie 4 5 6 7	Mushroom Stroganoff with Herb Crumb Topping 5 6 7	Pumpkin Curry 3 4 5 6 7	Quorn Mince Hot Pot 3 4 5 6 7	Spanish Omelette 5 6 7	Roasted Vegetable Pizza 4 5 6 7	Quorn Sausage Casserole 3 4 5 6 7
Allergens	Egg Gluten Milk	Gluten Milk	No Allergens	Celery Egg Gluten	Egg Milk	Gluten Milk	Celery
DESSERT	Jam & Coconut Sponge with Custard 3 4 5 6 7	Mango Mousse 3 4 5 6 7	Queen of Puddings 3 4 5 6 7	Cherry Cheesecake 4 5 6 7	Eves Pudding with Custard 3 4 5 6 7	Rhubarb Crumble with Ice Cream 5 6 7	Lemon Meringue Pie with Custard 5 6 7
Allergens	Egg Milk Gluten Soya	Milk	Egg Gluten Milk Soya	Gluten Milk Soya	Egg Gluten Milk Soya	Gluten Milk Tree Nuts Ground	Egg Gluten Milk Soya
LIGHT MEAL	Scramble Egg, Bacon & Plum Tomatoes 3 4 5 6 7	Afternoon Tea 3 4 5 6 7	Fish Finger Sandwich with Chips & Spaghetti 4 5 6 7	Cheesy Cauliflower & Bacon Bake 3 4 5 6 7	Tuna Fishcakes with Salad 3 4 5 6 7	Hot Quiche Lorraine with Baked Beans 4 5 6 7	Pork Enchilada with Herby Potato Wedges 5 6 7
Allergens	Egg Milk	Ground Nuts Tree Nuts Milk Gluten Eggs Mustard Soya Celery Sulphites	Fish Gluten	Gluten Milk	Egg Gluten Fish Milk	Egg Gluten Milk	Gluten Milk
ALTERNATIVE. Allergens Tree Nuts Ground Nuts Gluten Milk Soya Mustard sulphites Egg	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich

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MENU 4	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Creamy Chicken, Mushroom & Kale Pie 3 4 5 6 7	Roast Lamb with Mint Sauce & Gravy 3 4 5 6 7	Beef in a Root Vegetable Casserole 3 4 5 6 7	Toad in the Hole with Gravy 5 6 7	Minced Lamb & Vegetable Cobbler 4 5 6 7	Smokey Beef Stew 3 4 5 6 7	Home Battered Fish Or Poached Fish Fillet with Parsley Sauce 3 4 5 6 7
Allergens	Egg Gluten Milk	No Allergens	Celery	Egg Gluten Milk Mustard Tree Nuts Soya Sulphites	Gluten Milk	Gluten	Egg Fish Milk Gluten
ALTERNATIVE	Braised Pork Chop in a BBQ Sauce 3 4 5 6 7	Salmon & Tomato Risotto 5 6 7	Poached Cod with a White Wine Sauce 3 4 5 6 7	Bacon, Brie & Cranberry Tart 4 5 6 7	Turkey & Potato Curry with Rice 3 4 5 6 7	Cumberland Sausage & Mustard Tray Bake with Gravy 5 6 7	Mince Beef & Onion Pie 4 5 6 7
Allergens	Fish	Celery Fish Gluten Milk	Fish Gluten Milk	Egg Gluten Milk	No Allergens	Celery Gluten Mustard Sulphites	Egg Gluten
VEGETARIAN	Root Vegetable Casserole 3 4 5 6 7	Egg & Spinach in a Cheese Sauce 4 5 6 7	Quorn Sausage with Onion Gravy 3 4 5 6 7	Butternut Squash & Carrot Dauphinoise 3 4 5 6 7	Broccoli & Stilton Quiche 4 5 6 7	Lentil, Coconut & Cauliflower Curry 3 4 5 6 7	Quorn Mince Spaghetti Bolognaise 4 5 6 7
Allergens	Gluten Milk	Egg Gluten Milk	No Allergens	Milk	Egg Gluten Milk	Gluten	Celery Egg Gluten Milk
DESSERT	Chocolate & Orange Sponge with Custard 3 4 5 6 7	Winter Berry Eton Mess 5 6 7	Peach Cobbler with Custard 4 5 6 7	Bread & Butter Pudding with Cream 5 6 7	Apple & Cinnamon Crumble with Ice Cream 5 6 7	Creamy Semolina with Jam 3 4 5 6 7	Cranberry Spiced Sponge with Custard 5 6 7
Allergens	Egg Milk Gluten Soya	Egg Milk	Gluten Milk Soya	Egg Gluten Milk Soya	Gluten Milk	Gluten Milk	Egg Milk Gluten Soya
LIGHT MEAL	Broccoli & Salmon Flan with Buttered Potatoes 4 5 6 7	Afternoon Tea 3 4 5 6 7	Sausage & Pickle Rolls with Spaghetti 5 6 7	Creamy Chicken & Leek Risotto 5 6 7	Corned Beef Hash Topped with a Fried Egg 3 4 5 6 7	Savoury Scones with Mackerel Pate & Side Salad 4 5 6 7	Jacket Potato with Cheese & Beans 3 4 5 6 7
Allergens	Egg Fish Gluten Milk	Ground Nuts Tree Nuts Milk Gluten Eggs Mustard Soya Celery Sulphites	Gluten Celery Egg Milk Soya	Gluten Milk	Egg	Fish Milk Gluten	Milk
ALTERNATIVE. Allergens Tree Nuts Ground Nuts Gluten Milk Soya Mustard sulphites Egg	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich	Beans/Spaghetti / Pilchards or Scrambled Egg on Toast Jacket Potato with Cheese/Tuna/Beans Salad of Choice, Soup & Roll Sandwiches, Sausage Roll Bacon/Sausage Sandwich