

Autumn Menu 2020 – Week One

DINNERS



FORRES
SANDLE
MANOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meal	Creamy Smoked Salmon & Chive Sauce	Beef & Green Peppers In Black Bean Sauce	Grilled Gammon Steaks Served With Char-Grilled Pineapple Rings	Lighty Spiced Chilli Con Carne	Lamb Koftas Served With Mint Yoghurt	"Boarders Choice" Every Week A Different Part Of The Boarding House Will Decide Saturday's Supper	Roast Chicken With Sage & Onion Stuffing And Gravy
Meat Free	Tomato, Vegetable & Basil Sauce	Sweet N Sour Quorn	Cheese & Onion Puff	Quorn Chilli	Char-Grilled Vegetable Kebabs		Stuffed Portobello Mushrooms
On The Side	Wholemeal Penne Pasta, Warm Homemade Bread, Chunky Tomato, Cucumber & Olive Salad	Egg Noodles, Prawn Crackers, Vegetable Stir Fry	Poached Egg, Homemade Sweet Potato Chips, Garden Peas	Brown Rice, Melted Cheesy Nacho Chips And A Selection Of Fresh Crudités	Warm Pitta Bread, Lightly Spiced Cous Cous, Shredded Iceberg & Sliced Tomato		Roast Potatoes, Baton Carrots & Cauliflower Cheese
Dessert	Classic Chocolate Brownie	Rainbow Jelly Pots	Carrot Cake Cookies	Lemon Posset	Forres Mess		Warm Drop Scones Served With Berries & Fresh Cream
Every Day	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		Fresh Fruit