

Menu - Week One



FORRES SANDLE MANOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Potato & watercress	Creamy Cauliflower	Pea & mint	Tomato & basil	Sweet potato, Carrot & Parsnip		
Main Meal	Traditional Pork Sausages Served With Sticky Red Onions & Gravy	<p><u>Classic Roast</u></p> <p>Slow Roasted Shoulder Of Pork With Apple Sauce</p> <p>Cheddar & asparagus turnover</p> <p>“Skin on” roast potatoes</p>	<p>“Make it mine Wednesday”</p> <p>50/50 Penne pasta with YOUR sauce..</p> <p>Beef bolognaise</p> <p>Creamy ham & broccoli</p>	Lamb, red lentil & carrot Shepherds pie with creamy mash top	MSC Cod Fish fingers with lemon mayonnaise or tomato ketchup	Build Your Fajita With Lightly Spiced Pulled Chicken, Sliced Peppers, Onions, Salsa & Sour Cream	Sandwich Buffet
Meat Free	Vegetable Sausages	<p>“Skin-on” roast root vegetables</p> <p>Proper gravy</p>	<p>Chunky tomato, vegetable & basil</p>	Stuffed jackets with tomatoes, red peppers, BBQ sauce & cheddar	Tempura Quorn Chunks With A Sweet N Sour Sauce	Spiced Vegetable & Chick Pea Fajita	
On The Side	Mash Potato, A Medley Of Seasonal Steamed Vegetables	Steamed broccoli trees	Simple salad with cucumber & cherry tomatoes	Baked squash & winter greens	Chips, Peas & Sweetcorn	Steamed Rice, Selection Of Crudités	
Dessert	Classic Chocolate Brownie With Warm Chocolate Sauce	Fresh cut fruit & yoghurt	Apple & Pear Oaty Crumble With Custard	Fresh cut fruit & yoghurt	Mixed Berry Forres Mess	Muffin Selection	
Every Day	Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt		Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	