

# Abbeyfield Hale Court Sample Menu



WEEK 1	MON	TUE	WED	THU	FRI	SAT	SUN
Lunch	Ham, egg, chips and beans	Smoked haddock with cheddar and leek Mashed potato Roasted Tomato	Spanish Chicken with rice Soda bread	Corned beef hash French beans & Broccoli	Fish & Chips Minted Peas Lemon wedge & tartar sauce	Quiche Lorraine Home Made Potato Salad & Coleslaw Mixed salad	Roast Chicken & stuffing Roast potatoes & parsnips Glazed carrots and broccoli
	Fruit & ice cream or cream	Stewed apple and custard	Milk jelly	Profiteroles with chocolate sauce	Bread and butter pudding with custard	Fruit flan with ice cream or cream	Trifle
Vegetarian Option	2 Egg, chips and beans	Smoked haddock with cheddar and leek Mashed potato Roasted Tomato  Vegetable & Cheddar Bake	Quorn with rice Soda bread	Nut roast Creamed potato French beans and broccoli	Fried Fish or steamed fish & Chips Lemon wedge & tartar sauce  Butternut squash and spinach risotto	Cheese & onion quiche Home made potato salad and coleslaw Mixed Salad	Kidney bean and walnut roast Roast potatoes & parsnips Glazed carrots and broccoli
Diabetic	As main course  Fruit & diabetic ice cream or cream	As main course  Reduced sugar stewed apple and custard	As main course  Milk jelly	As main course  Profiteroles & Cream	As main course  Sugar / Gluten free Summer Pudding	As main course  Fruit with cream or ice cream	As main course  Reduced sugar trifle
Gluten Free	Wafer thin ham, Egg, Jacket potato and baked beans  Fruit & ice cream or cream	Smoked haddock with cheddar and leek Mashed potato Roasted Tomato  Stewed apple and custard	Spanish Chicken with rice Soda bread  Milk jelly	Fish Pie (no prawns) Carrots and cabbage  Gluten free profiteroles with chocolate sauce	Steamed fish Boiled potato Cheese sauce  Sugar / Gluten free Summer Pudding	Lambs liver New potato Mashed suede and carrots  Gluten Free fruit flan with ice cream or cream	Thinly sliced roast chicken breast Boiled potatoes Boiled parsnips Boiled carrots  Gluten free trifle

<b>WEEK 2</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
Lunch	Cold chicken New potato Mixed salad & pickles	Sausage Plait Cheesy Mash Peas and sweetcorn	Salmon Creamed potatoes Salad – lettuce, cucumber, tomato, radish, beetroot, cress, water cress, celery	Loin Pork Chops Roast Potato Cauliflower and broccoli gratin	Fish & Chips Peas Lemon wedge & tartar sauce	Cannelloni in tomato sauce Fine beans Cauliflower	Roast Beef & Yorkshire Pudding Roast potatoes & parsnips Creamed suede & carrots
	Fruit Pavlova and cream	Strawberries and cream	Raspberry Mousse	Cherry Crumble & Custard	Lemon Meringue and ice cream	Rice pudding with jam	Fruit, Jelly & Ice cream or cream
Vegetarian Option	Butternut squash and sage tart New potato Mixed salad & pickles	Vegetarian sausage plait Cheesy Mash Peas and sweetcorn	Salmon Salad or Cheese salad Creamed potatoes Salad – lettuce, cucumber, tomato, radish, beetroot, cress, water cress, celery	Omelette Cauliflower and broccoli gratin	Fried Fish or steamed fish & Chips Lemon wedge & tartar sauce  Polenta with oregano and parmesan	Beanfeast Cannelloni in tomato sauce Fine beans Cauliflower	Nut roast Yorkshire Pudding Roast potatoes & parsnips Creamed suede & carrots
Diabetic	As main course  Fruit and cream	Sausage Plait Cheesy Mash Peas and sweetcorn  Strawberries & cream	As main course  Sugar free raspberry mousse	As main course  Cherry compote & sugar free custard	As main course  Sugar free berry meringue	As main course  Sugar free rice pudding with diabetic jam	Roast Beef & Yorkshire Pudding Roast potatoes & parsnips Creamed suede & carrots  Fruit, sugar free jelly, diabetic ice cream or cream
Gluten Free	Cold chicken New potato Beetroot salad  Fruit Pavlova and cream	Shepherds pie Peas and sweetcorn  Strawberries & cream	Salmon Creamed potato Beetroot and cress  Raspberry Mouse	Omelette Cauliflower and broccoli gratin  Stewed cherry & custard	Steamed fish Boiled potato Peas  Gluten Free Lemon Meringue	Savory mince with vegetables and jacket potato  Rice pudding with jam	Chicken Casserole Mashed suede and carrots Boiled potato  Jelly and cream

<b>WEEK 3</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
Lunch	Cold beef Bubble & Squeak Mixed salad & pickles	Fish Pie Sweet corn & peas Carrots	Beef lasagne Garlic bread Beetroot salad	Roast Gammon Potato wedges Roasted baby vegetables	Fish & Chips Peas Lemon wedge & tartar sauce	Spaghetti Bolognaise with grated cheese and garlic bread	Roast Pork & Apple Sauce Roast potatoes & parsnips Spring greens & cauliflower
	Rhubarb fool	Stuffed baked apple & custard	Cheese, biscuits and fruit	Banana Custard	Fresh fruit salad with cream or ice cream	Chocolate sponge & chocolate custard	Lemon Cheesecake & cream
Vegetarian Option	Mushroom and tomato omelette Bubble & Squeak Mixed salad & pickles	Winter vegetable pie Sweet corn & peas Carrots	Vegetable lasagne Garlic bread Beetroot salad	Stuffed mushroom brochettes Potato wedges Roasted baby vegetables	Fried Fish or steamed fish & Chips Peas Lemon wedge & tartar sauce  Spinach, tomato and feta risotto	Quorn Bolognaise with grated cheese and garlic bread	Kidney bean and walnut roast Roast potatoes & parsnips Spring greens & cauliflower
Diabetic	As main course  Yoghurt parfait	As main course  Low sugar stuffed backed apple & sugar free custard	As main course  As main dessert	As main course  Banana & sugar free custard	As main course  Fresh fruit salad with cream or diabetic ice cream	As main course  Sugar free chocolate sponge & custard	As main course  Crustless lemon cream pie
Gluten Free	Wafer thin ham, Egg, Jacket potato and baked beans  Rhubarb fool	Fish Pie (no prawns) Carrots  Stuffed baked apple and cream	Shepherds pie Boiled vegetables  Cheese, fruit and Gluten Free biscuits	Liver & Bacon Mashed potato Roasted vegetables  Banana custard	Steamed fish Boiled potato Peas  Fresh fruit salad with cream or ice cream	Bolognaise with Jacket or mash  Gluten free chocolate sponge and chocolate custard	Chicken casserole Boiled potato Boiled parsnips Mashed suede and carrot  Gluten free cheesecake

<b>WEEK 4</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
Lunch	Cold pork Jacket potato Mixed salad & pickles	Seafood Pie with cheesy mash Carrots & Broccoli	Toad in the hole Boiled potato Cabbage	Cottage Pie Spring greens Carrots	Fish & Chips Peas Lemon wedge & tartar sauce	Baked Haslett with apple sauce New Potato Roasted vegetables	Roast Lamb & Mint sauce Roast potatoes & parsnips Creamed suede & carrots
	Fruit tart & ice cream	Banana split	Roulade	Cinnamon and raisin rice pudding	Strawberries and cream	Marmalade Bread & Butter pudding with cream	Semolina & Jam
Vegetarian Option	Vegetable kebabs Jacket potato Mixed salad & pickles	Seafood Pie with cheesy mash Carrots & Broccoli	Vegetarian toad in the hold Boiled potato Cabbage	Quorn mince cottage pie Spring greens Carrots	Fried Fish or steamed fish & Chips Lemon wedge & tartar sauce  Hollumi and Tomato Pitta	Vegetable cannelloni Potato wedges Roasted vegetables	Nut roast Roast potatoes & parsnips Creamed suede & carrots
Diabetic	As main course  Fresh fruit & diabetic ice cream	As main course  Banana split with diabetic ice cream	As main course  Sugar free roulade	As main course  Sugar free cinnamon and raisin rice pudding	As main course  Strawberries and cream	As main course  Lemon & raspberry layer	As main course  Reduced sugar semolina & diabetic jam
Gluten Free	Wafer thin ham, Jacket potato and baked beans  Gluten free fruit tart and cream	Fish pie with cheesy mash Carrots and broccoli  Banana split	Chicken casserole Jacket potato  Roulade	Cottage pie Spring greens Carrots  Gluten Free Cinnamon and raising rice pudding	Steamed fish Boiled potato Peas  Strawberries and cream	Omelette Beetroot & Cress  Lemon & raspberry layer	Sliced roast chicken breast Boiled parsnips Mashed suede and carrots  Semolina & Jam