

Weekly Main Meal Menu - Week 1

Monday

Main Course
 Chicken & Vegetable Casserole *or* Smoked Haddock & Spinach Crumble

Served with
 Mashed Potato *or* Minted Boiled Potatoes

Accompanied by
 Cabbage & Mixed Vegetables

Dessert
 Rhubarb Crumble *or* Stewed Apple

Tuesday

Main Course
 Sweet & Sour Chicken *or* Minced Beef Hotpot

Served with
 Vegetable Rice *or* Sauté Potatoes

Accompanied by
 Carrots with Parsley Butter & Cauliflower

Dessert
 Sticky Toffee Pudding *or* Clotted Cream Rice Pudding

Wednesday

Main Course
 Premium Roast Beef in Gravy *or* Vegetable Lasagne

Served with
 Golden Roast Potatoes *or* Baby Potatoes

Accompanied by
 Minted Summer Vegetables & Mashed Root Vegetables

Dessert
 Mixed Fruit Pie *or* Cooked Apricots

Thursday

Main Course
 Cottage Pie *or* Cod In Parsley Sauce

Served with
 Mashed Potato *or* Sauté Potatoes

Accompanied by
 Broccoli & Sweetcorn

Dessert
 Apple Crumble *or* Rice Pudding with Nutmeg

Friday

Main Course
 Battered Haddock *or* Sausages

Served with
 Oven Chips *or* Baby Potatoes

Accompanied by
 Mushy Peas & Sliced Carrots

Dessert
 Spotted Dick *or* Semolina Pudding

Saturday

Main Course
 Sausages In Onion Gravy *or* Salmon & Broccoli Bake

Served with
 Colcannon Mash *or* Croquette Potatoes

Accompanied by
 Mashed Swede & Peas

Dessert
 Chocolate Chip Pudding with Salted Caramel Sauce *or* Rice Pudding

Sunday

Main Course
 Pork with Sage Stuffing in Gravy *or* Roast Lamb In Gravy

Served with
 Golden Roasting Potatoes *or* Mashed Potato

Accompanied by
 Red Cabbage with Apple & Port & Brussels Sprouts

Dessert
 Bread & Butter Pudding *or* Apple Sponge

Weekly Lighter Meal Menu - Week 1

Monday

Soup Entree
Chicken and
Veg Soup

Main Course
Cheese &
Tomato
Omelettes

Served with
Baked Potato
Wedges

Tuesday

Soup Entree
Leek & Potato
Soup

Main Course
Fishcakes

Served with
Oven Chips

Wednesday

Soup Entree
Cream of
Chicken Soup

Main Course
Corned Beef
Hash

Served with
Red Cabbage
with Apple &
Port

Thursday

Soup Entree
Tomato, Red
Pepper & Lentil
Soup

Main Course
Cauliflower
Cheese

Served with
Vegetable
Medley

Friday

Soup Entree
Butternut
Squash Soup

Main Course
Beef Bolognaise
Sauce

Served with
Penne Pasta

Saturday

Soup Entree
Red Lentil Broth

Main Course
Medium Ready
Baked Jacket
Potatoes

Served with
Chicken Korma

Sunday

Soup Entree
Carrot &
Coriander Soup

Main Course
Premium
Sausage Roll

Served with
Baked Beans

Weekly Main Meal Menu - Week 2

Monday

Main Course
 Beef Casserole
 or Salmon
 Crumble

Served with
 Mashed Potato
 or Baby
 Potatoes

Accompanied by
 Minted Summer
 Vegetables &
 Sliced Carrots

Dessert
 Pineapple
 Sponge or
 Semolina
 Pudding

Tuesday

Main Course
 Chicken Breast
 in Tomato &
 Basil Sauce or
 Beef Lasagne

Served with
 Croquette
 Potatoes or
 Sauté Potatoes

Accompanied by
 Cauliflower &
 Peas

Dessert
 Bakewell Tart or
 Lemon Flavour
 Sponge

Wednesday

Main Course
 Sliced Turkey in
 Gravy or
 Cauliflower &
 Broccoli Pasta

Served with
 Baby Potatoes or
 Mashed Potato

Accompanied by
 Broccoli &
 Carrots With
 Parsley Butter

Dessert
 Apple Pie or
 Cooked Apricots

Thursday

Main Course
 Chicken & Ham
 Pie with Flaky
 Pastry Top or
 Fish in Cheese
 Sauce

Served with
 West Country
 Cheddar Mash or
 Boiled Potatoes

Accompanied by
 Cabbage &
 Mashed Root
 Vegetables

Dessert
 Jamaican
 Ginger Pudding
 with Orange
 Sauce or Chef's
 Rice Pudding

Friday

Main Course
 Breaded
 Haddock or
 Cheese & Onion
 Pie

Served with
 Oven Chips or
 Mashed Potato

Accompanied by
 Sliced Carrots &
 Mushy Peas

Dessert
 Bread & Butter
 Pudding or
 Stewed Apples

Saturday

Main Course
 Lamb & Mint Pie
 or Salmon
 Tagine

Served with
 Mashed Potato
 or Dauphinoise
 Potatoes

Accompanied by
 Large Broccoli &
 Red Cabbage
 with Apple &
 Port

Dessert
 Apricot Crumble
 or Tapioca
 Pudding

Sunday

Main Course
 Sliced Chicken
 in Gravy or Pork
 with Sage
 Stuffing in Gravy

Served with
 Golden Roasting
 Potatoes or
 Mashed Potato

Accompanied by
 Courgette,
 Carrot &
 Asparagus with
 Parsley Butter &
 Cut Green
 Beans

Dessert
 Somerset Apple
 Cake or Clotted
 Cream Rice
 Pudding

Weekly Lighter Meal Menu - Week 2

Monday

Soup Entree
Minestrone
Soup

Main Course
Cheese &
Mushroom
Omelettes

Served with
Baked Potato
Wedges

Tuesday

Soup Entree
Chicken &
Vegetable Soup

Main Course
Potato, Cheese
& Onion Pasty

Served with
Baked Beans

Wednesday

Soup Entree
Mushroom Soup

Main Course
Beef Bolognese
Sauce

Served with
Medium Ready
Baked Jacket
Potatoes

Thursday

Soup Entree
Vegetable Soup

Main Course
Macaroni
Cheese

Served with
Vegetable
Medley

Friday

Soup Entree
Pea & Ham
Soup

Main Course
Chicken
Goujons

Served with
Baked Beans

Saturday

Soup Entree
Scotch Broth

Main Course
Vegetarian
Hotpot

Served with
Peas

Sunday

Soup Entree
Tomato Soup

Main Course
Corned Beef
Hash

Served with
Mixed
Vegetables

Weekly Main Meal Menu - Week 3

Monday

Main Course
Pork & Apple
Casserole *or*
Smoked
Haddock &
Spinach
Crumble

Served with
Dauphinoise
Potatoes *or*
Boiled Potatoes

Accompanied by
Cut Green
Beans & Sliced
Carrots

Dessert
Jam Sponge *or*
Semolina
Pudding

Tuesday

Main Course
Savoury Minced
Beef *or* Sliced
Gammon &
Pineapple

Served with
Croquette
Potatoes *or*
Mashed Potato

Accompanied by
Mixed
Vegetables &
Cauliflower

Dessert
Chocolate Chip
Pudding with
Salted Caramel
Sauce *or* Clotted
Cream Rice
Pudding

Wednesday

Main Course
Premium Roast
Beef in Gravy *or*
Chicken & Pasta
with Tomato &
Herbs

Served with
Baby Potatoes *or*
Golden Roasting
Potatoes

Accompanied by
Sweetcorn &
Large Broccoli

Dessert
Mixed Fruit Pie
or Summer
Fruits

Thursday

Main Course
Shepherd's Pie
or Cod In
Parsley Sauce

Served with
West Country
Cheddar Mash *or*
Minted Boiled
Potatoes

Accompanied by
Vegetable
Medley &
Cabbage

Dessert
Spiced Plum &
Orange Pie *or*
Cooked Apricots

Friday

Main Course
Battered Fish *or*
Baked
Vegetable Pie

Served with
Oven Chips *or*
Mashed Potato

Accompanied by
Peas & Carrots
with Parsley
Butter

Dessert
Bakewell Tart *or*
Tapioca
Pudding

Saturday

Main Course
Liver & Bacon *or*
Salmon &
Broccoli Bake

Served with
West Country
Cheddar Mash *or*
Sauté Potatoes

Accompanied by
Minted Summer
Vegetables &
Cabbage

Dessert
Spotted Dick *or*
Rice Pudding

Sunday

Main Course
Roast Pork *or*
Sliced Turkey in
Gravy

Served with
Golden Roasting
Potatoes *or*
Mashed Potato

Accompanied by
Cauliflower &
Brussels
Sprouts

Dessert
Lemon Flavour
Sponge *or*
Stewed Apples

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WILTSHIRE
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FOODS

Weekly Lighter Meal Menu - Week 3

Monday

Soup Entree
Leek & Potato
Soup

Main Course
Steak Slice

Served with
Baked Beans

Tuesday

Soup Entree
Minestrone
Soup

Main Course
Fishcakes

Served with
Baked Potato
Wedges

Wednesday

Soup Entree
Butternut
Squash Soup

Main Course
Premium
Sausage Roll

Served with
Baked Beans

Thursday

Soup Entree
Tomato, Red
Pepper & Lentil
Soup

Main Course
Chicken Curry

Served with
White Rice

Friday

Soup Entree
Cream of
Chicken Soup

Main Course
Plain Omelettes

Served with
Minted Summer
Vegetables

Saturday

Soup Entree
Red Lentil Broth

Main Course
Beef Bolognese
Sauce

Served with
Penne Pasta

Sunday

Soup Entree
Carrot &
Coriander Soup

Main Course
Plant-based
Shepherd's Pie

Served with
Courgette,
Carrot &
Asparagus with
Parsley Butter

Weekly Main Meal Menu - Week 4

Monday

Main Course
 Chicken Chasseur *or* Sausage Casserole

Served with
 Croquette Potatoes *or* Mashed Potato

Accompanied by
 Sliced Carrots & Large Broccoli

Dessert
 Bread & Butter Pudding *or* Rice Pudding with Nutmeg

Tuesday

Main Course
 Chicken Korma *or* Shepherd's Pie

Served with
 Vegetable Rice *or* Minted Boiled Potatoes

Accompanied by
 Mixed Vegetables & Mashed Root Vegetables

Dessert
 Lemon Flavour Sponge *or* Cooked Apricots

Wednesday

Main Course
 Sliced Turkey in Gravy *or* Creamy Vegetable Cheese Bake

Served with
 Golden Roast Potatoes *or* Vegetable Medley

Accompanied by
 Vegetable Medley & Cauliflower

Dessert
 Jam Sponge *or* Tapioca Pudding

Thursday

Main Course
 Steak Pie *or* Chicken & Butter Bean Stew with Dumplings

Served with
 Sauté Potatoes *or* Colcannon Mash

Accompanied by
 Sweetcorn & Large Broccoli

Dessert
 Bakewell Tart *or* Stewed Apples

Friday

Main Course
 Breaded Haddock *or* Vegetarian Cottage Pie

Served with
 Oven Chips *or* Mashed Potato

Accompanied by
 Peas & Carrots With Parsley Butter

Dessert
 Syrup Sponge *or* Rice Pudding

Saturday

Main Course
 Lancashire Hotpot *or* Salmon Crumble

Served with
 Minted Boiled Potatoes *or* Croquette Potatoes

Accompanied by
 Cut Green Beans & Mashed Swede

Dessert
 Chocolate Chip Sponge *or* Chocolate Éclairs

Sunday

Main Course
 Roast Pork in Gravy *or* Roast Chicken Breasts in Gravy

Served with
 Golden Roasting Potatoes *or* Mashed Potato

Accompanied by
 Minted Summer Vegetables & Red Cabbage with Apple & Port

Dessert
 Summer Fruit Crumble *or* Clotted Cream Rice Pudding

Weekly Lighter Meal Menu - Week 4

Monday

Soup Entree
Chicken and
Veg Soup

Main Course
Potato Topped
Chicken Pie

Served with
Peas

Tuesday

Soup Entree
Tomato Soup

Main Course
Cauliflower &
Broccoli Pasta

Served with
Vegetable
Medley

Wednesday

Soup Entree
Tomato, Red
Pepper & Lentil
Soup

Main Course
Traditional
Pasty

Served with
Oven Chips

Thursday

Soup Entree
Vegetable Soup

Main Course
Macaroni
Cheese

Served with
Cut Green
Beans

Friday

Soup Entree
Pea & Ham
Soup

Main Course
Cheese & Onion
Quiche

Served with
Vegetable
Medley

Saturday

Soup Entree
Scotch Broth

Main Course
Lamb Burgers in
Minted Gravy

Served with
Mashed Potato

Sunday

Soup Entree
Mushroom Soup

Main Course
Chicken,
Cheese &
Bacon Bake

Served with
Large Broccoli

