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| ORCHARD MENU AUTUMN/WINTER - **WEEK 1** | | | | | | | | | | | | | | | | | | |
| **Monday** | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | **Friday** | | | **Saturday** | | | **Sunday** | |
| **Breakfast** | | | | | | | | | | | | | | | | | | |
|  | | Selection of breakfast cereals or hot porridge oats served with fresh milk.  Toasted wholemeal or white bread served with a selection of jams and preserves.  Grapefruit or prunes in syrup. | | | | | | | | | | | | | | |  | |
| Grilled bacon, scrambled eggs, and tomatoes | | Selection of eggs on toast | | | Grilled bacon, poached eggs, and mushrooms | | | Sausage, scrambled eggs, and tomatoes | | | Grilled bacon, sausage, and beans | | | Grilled bacon, scrambled eggs, and beans | | | Grilled bacon, sausage, fried egg, tomatoes, beans, and mushrooms | |
|  | | Tea/coffee/hot chocolate/fruit juices | | | | | | | | | | | | | | |  | |
|  | | **Mid-morning** | | | | | | | | | | | | | | |  | |
|  | | Selection of beverages including milkshakes and smoothies as well as fresh fruit pieces & homemade biscuits | | | | | | | | | | | | | | |  | |
|  | | **Lunch** | | | | | | | | | | | | | | |  | |
|  | | Alternatives are available on request | | | | | | | | | | | | | | |  | |
| Slow cooked sausage casserole  or  Leek, cheese, and potato bake  All served with mashed potatoes, and seasonal vegetables | | Chicken bacon and potato casserole  or  Butternut squash risotto  All served with herby new potatoes, seasonal vegetables | | | Roast pork, apple sauce and stuffing, Yorkshire puddings  or  Vegetable hot pot  All served with roast potatoes, seasonal vegetables | | | Minced beef with dumplings  or  Vegetable korma with rice  Served with mashed potatoes, seasonal vegetables | | | Battered fish  or  Gammon and egg  All served with chips, mushy peas, parsley sauce,  bread and butter | | | Shepherd’s pie  or  Mushroom stroganoff and rice  All served with new potatoes, and seasonal vegetables | | | Roast chicken, pork sage and onion stuffing with Yorkshire puddings  All served with roast potatoes, creamed potatoes, honey glazed carrots and  Parsnips, cauliflower cheese | |
| Homemade scones with cream and jam | | Upside down plum cake served with thick double cream | | | Cheesecake | | | Lemon meringue pie | | | Fresh fruit salad and double cream | | | Angel delight | | | Tapioca | |
|  | | Sandwiches, jacket potatoes and omelettes available daily. Fresh fruit, yoghurts, and ice cream available as alternative desserts. | | | | | | | | | | | | | | |  | |
|  | | **Afternoon Tea** | | | | | | | | | | | | | | |  | |
|  | | Selection of beverages and homemade cakes | | | | | | | | | | | | | | |  | |
|  | | **Supper** | | | | | | | | | | | | | | |  | |
| Homemade soup of the day, sandwich selection  or  Chicken curry and rice | | Home made soup of the day, sandwich selection  or  traditional full English | | | Homemade soup of the day, Sandwich selection  or  Corned beef hash with warm crusty bread | | | Homemade soup of the day, Sandwich selection  or  Oven baked omelettes, baked beans, bread, and butter | | | Homemade soup of the day, Sandwich selection  or  Macaroni cheese with garlic bread | | | Homemade soup of the day, Sandwich selection  or  Stew and dumplings | | | Homemade soup of the day, Selection of sandwiches, pork pie, quiche, salad, and coleslaw | |
| Treacle sponge and custard | | Apple crumble with custard | | | Creamy Rice pudding | | | Jam sponge and custard | | | Stewed apple and custard | | | Bread and butter pudding | | | Black forest gateaux | |
|  | | Fresh homemade soup and a choice of salads, fresh fruit, yoghurt, and ice cream available on request | | | | | | | | | | | | | | |  | |
|  | | **Evening Snack** | | | | | | | | | | | | | | |  | |
|  | | Malt loaf, teacakes or cheese & biscuits • Selection of beverages | | | | | | | | | | | | | | |  | |
| ORCHARD MENU AUTUMN/WINTER- **WEEK 2** | | | | | | | | | | | | | | | | | | |
| **Monday** | | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | **Friday** | | | **Saturday** | | | **Sunday** |
| **Breakfast** | | | | | | | | | | | | | | | | | | |
|  | Selection of breakfast cereals or hot porridge oats served with fresh milk.  Toasted wholemeal or white bread served with a selection of jams and preserves.  Grapefruit or prunes in syrup. | | | | | | | | | | | | | | |  | | |
| Grilled bacon, scrambled eggs, and tomatoes | Selection of eggs on toast | | | Grilled bacon, poached eggs, and mushrooms | | | Sausage, scrambled eggs, and tomatoes | | | Grilled bacon, sausage, and beans | | | Grilled bacon, scrambled eggs, and beans | | | Grilled bacon, sausage, fried egg, tomatoes, beans, and mushrooms | | |
|  | Tea/coffee/hot chocolate/fruit juices | | | | | | | | | | | | | | |  | | |
|  | **Mid-morning** | | | | | | | | | | | | | | |  | | |
|  | Selection of beverages including milkshakes and smoothies as well as fresh fruit pieces & homemade biscuits | | | | | | | | | | | | | | |  | | |
|  | **Lunch** | | | | | | | | | | | | | | |  | | |
|  | Alternatives are available on request | | | | | | | | | | | | | | |  | | |
| Steak pie  or  baked tomato risotto with parmesan  All served with Creamy mashed potatoes, seasonal vegetables | Fish pie with chive mash and cheesy top  or  Pork chop and apple sauce  All served with roast potatoes and seasonal  vegetables | | | Honey roast gammon, Yorkshire puddings  or  Roast vegetable casserole with dumplings  All served with creamy mashed potatoes, seasonal vegetables | | | Cottage pie with cheese  or  poached haddock in a parsley butter sauce  All served with new potatoes, seasonal vegetables | | | Hand Battered fish  or  Cheese onion and potato pie  All served with chips, peas, and parsley sauce, bread, and butter | | | Herby chicken casserole with dumplings  or  Creamy vegetable curry with rice  All served with mashed potatoes, seasonal vegetables | | | Roast beef,  Yorkshire puddings  All served with creamed potatoes and roast potatoes, served with seasonal vegetables | | |
| Spiced crème brulee | Bakewell tart | | | Bananas and custard | | | Angel delight with whipped cream | | | Lemon cheesecake | | | Victoria sandwich | | | Jam and coconut sponge and custard | | |
|  | Sandwiches, jacket potatoes and omelettes available daily. Fresh fruit, yoghurts, and ice cream available as alternative desserts | | | | | | | | | | | | | | |  | | |
|  | **Afternoon Tea** | | | | | | | | | | | | | | |  | | |
|  | Selection of beverages and homemade cakes | | | | | | | | | | | | | | |  | | |
|  | **Supper** | | | | | | | | | | | | | | |  | | |
| Homemade soup of the day, selection of sandwiches  or  Homemade meatball pasta bake in a creamy tomato sauce and garlic bread | Homemade soup of the day, selection of sandwiches  or  Traditional full English | | | Homemade soup of the day,  Sandwich selection  or  Egg and chips with bread and butter | | | Homemade soup of the day, Sandwich selection  or  Panacalty | | | Homemade soup of the day, Selection of sandwiches  or  Jacket potatoes, baked beans, cheese, and homemade coleslaw | | | Homemade soup of the day, Sandwich selection  or  Oven baked omelettes with baked beans, bread and butter | | | Homemade soup, Selection of sandwiches, pork pie, quiche, salad and  coleslaw | | |
| Chocolate sponge served with custard | Pear and blackberry crumble | | | Ginger syrup sponge and custard | | | Warm apple pie and custard | | | Baked spiced rice pudding | | | Spotted dick and custard | | | Strawberry gateaux | | |
|  | Fresh homemade soup and a choice of salads, fresh fruit, yoghurt, and ice cream available on request | | | | | | | | | | | | | | |  | | |
|  | **Evening Snack** | | | | | | | | | | | | | | |  | | |
|  | Malt loaf, teacakes, or cheese & biscuits • Selection of beverages | | | | | | | | | | | | | | |  | | |
| ORCHARD MENU AUTUMN/WINTER - **WEEK 3** | | | | | | | | | | | | | | | | | | |
| **Monday** | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | **Friday** | | | **Saturday** | | | **Sunday** | |
| **Breakfast** | | | | | | | | | | | | | | | | | | |
|  | | Selection of breakfast cereals or hot porridge oats served with fresh milk.  Toasted wholemeal or white bread served with a selection of jams and preserves.  Grapefruit or prunes in syrup. | | | | | | | | | | | | | | |  | |
| Grilled bacon, scrambled eggs, and tomatoes | | Selection of eggs on toast | | | Grilled bacon, poached eggs, and mushrooms | | | Sausage, scrambled eggs, and tomatoes | | | Grilled bacon, sausage, and beans | | | Grilled bacon, scrambled eggs, and beans | | | Grilled bacon, sausage, fried egg, tomatoes, beans, and mushrooms | |
|  | | Tea/coffee/hot chocolate/fruit juices | | | | | | | | | | | | | | |  | |
|  | | **Mid-morning** | | | | | | | | | | | | | | |  | |
|  | | Selection of beverages including milkshakes and smoothies as well as fresh fruit pieces & homemade biscuits | | | | | | | | | | | | | | |  | |
|  | | **Lunch** | | | | | | | | | | | | | | |  | |
|  | | Alternatives are available on request | | | | | | | | | | | | | | |  | |
| Pork and cider casserole  or  Mushroom risotto  All served with mashed potatoes, seasonal vegetables | | Sausage with caramelised onions  or  Liver & onions  All served with creamed potatoes, seasonal vegetables | | | Roast turkey, stuffing, and Yorkshire puddings  or  pan roasted salmon  All served with roast potatoes, seasonal vegetables | | | Lamb and rosemary hot pot  or  Cheese and leek quiche  All served with sauté potatoes, seasonal vegetables | | | Battered fish  or  creamy vegetable tray bake with a herb crumb  All served with chips, peas, and parsley sauce bread and butter | | | Steak and kidney pie  or  Vegetable pie  All served with mashed potatoes, seasonal vegetables | | | Roast pork with sage and onion stuffing, gravy and Yorkshire puddings  All served with roast potatoes and creamed potatoes, seasonal vegetables | |
| Homemade scones with cream and jam | | Date and walnut cake | | | Angel delight | | | Jelly and ice cream | | | Winter berry cheesecake | | | Carrot cake, cream cheese frosting | | | Jam roly-poly served with custard | |
|  | | Sandwiches, jacket potatoes and omelettes available daily. Fresh fruit, yoghurts and ice cream available daily as alternative desserts. | | | | | | | | | | | | | | |  | |
|  | | **Afternoon Tea** | | | | | | | | | | | | | | |  | |
|  | | Selection of beverages and homemade cakes | | | | | | | | | | | | | | |  | |
|  | | **Supper** | | | | | | | | | | | | | | |  | |
| Homemade soup of the day, Sandwich selection  or  scouse | | Homemade soup of the day, Selection of sandwiches,  or  Traditional full English | | | Homemade soup of the day, Sandwich selection  or  Jacket potatoes, Cheese, baked beans and homemade coleslaw | | | Homemade soup of the day, Selection of sandwiches,  or  chicken curry and rice | | | Homemade soup of the day, Sandwich selection,  or  Corned beef hash warm crusty bread | | | Homemade soup of the day, Sandwich selection  or  Pork sausage and bean casserole with warm crusty bread | | | Selection of sandwiches, pork pie, quiche, salad and  coleslaw | |
| Apple and sultana crumble | | Caramelised banana sponge with custard | | | Pear and almond sponge | | | Sticky toffee pudding and custard | | | Manchester tart | | | Apple strudel and custard | | | Chocolate fudge cake | |
|  | | Fresh homemade soup and a choice of fresh salads, fresh fruit, yoghurt, and ice cream available on request | | | | | | | | | | | | | | |  | |
|  | | **Evening Snack** | | | | | | | | | | | | | | |  | |
|  | | Malt loaf, teacakes, or cheese & biscuits • Selection of beverages | | | | | | | | | | | | | | |  | |
| ORCHARD MENU AUTUMN/WINTER - **WEEK 4** | | | | | | | | | | | | | | | | | | |
| **Monday** | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | **Friday** | | | **Saturday** | | | **Sunday** | |
| **Breakfast** | | | | | | | | | | | | | | | | | | |
|  | | Selection of breakfast cereals or hot porridge oats served with fresh milk.  Toasted wholemeal or white bread served with a selection of jams and preserves.  Grapefruit or prunes in syrup. | | | | | | | | | | | | | | |  | |
| Grilled bacon, scrambled eggs, and tomatoes | | Selection of eggs on toast | | | Grilled bacon, poached eggs, and mushrooms | | | Sausage, scrambled eggs, and tomatoes | | | Grilled bacon, sausage, and beans | | | Grilled bacon, scrambled eggs, and beans | | | Grilled bacon, sausage, fried egg, tomatoes, beans, and mushrooms | |
|  | | Tea/coffee/hot chocolate/fruit juices | | | | | | | | | | | | | | |  | |
|  | | **Mid-morning** | | | | | | | | | | | | | | |  | |
|  | | Selection of beverages including milkshakes and smoothies as well as fresh fruit pieces & homemade biscuits | | | | | | | | | | | | | | |  | |
|  | | **Lunch** | | | | | | | | | | | | | | |  | |
|  | | Alternatives are available on request | | | | | | | | | | | | | | |  | |
| Minced beef cobbler  or  Toad in the hole  All served with herby potatoes, seasonal vegetables | | Fish pie with chive and cheese mash, parsley sauce  or  Cheese leek and potato gratin  All served with new potatoes, seasonal vegetables | | | Roast chicken, sage and onion stuffing, Yorkshire pudding  or  Mushroom stroganoff with rice  All served with roast  potatoes, seasonal vegetables | | | Braised steak with onions and dumplings  or  roasted vegetable casserole with dumplings  All served with creamy mashed potatoes, seasonal vegetables | | | Battered fish  or  Ham and egg  All served with chips, mushy peas  and parsley sauce  bread and butter | | | Chicken and vegetable pie  or  Vegetable korma and rice  All served with parsley  potatoes, seasonal vegetables | | | Roast lamb with Yorkshire  Pudding and mint sauce    All served with roast potatoes and creamed potatoes and seasonal  vegetables | |
| Trifle | | Winter berry cheesecake | | | Lemon meringue pie | | | Black Forrest gateaux | | | Fresh fruit salad and double cream | | | Angel delight | | | Warm chocolate brownie with chocolate sauce | |
|  | | Sandwiches, jacket potatoes and omelettes available daily. Fresh fruit, yoghurts and ice cream available as alternative desserts. | | | | | | | | | | | | | | |  | |
|  | | **Afternoon Tea** | | | | | | | | | | | | | | |  | |
|  | | Selection of beverages and homemade cakes | | | | | | | | | | | | | | |  | |
|  | | **Supper** | | | | | | | | | | | | | | |  | |
| Homemade soup of the day, Selection of sandwiches  or  Macaroni cheese and garlic bread | | Homemade soup of the day, Sandwich selection  or  Traditional full English | | | Homemade soup of the day, Selection of sandwiches  or  oven baked omelettes, baked beans, bread and butter | | | Homemade soup of the day, Sandwich selection  or  Pork pies, mushy peas and mint sauce | | | Homemade soup of the day, Selection of sandwiches  or  Baked potato, Chilli and cheese | | | Homemade soup of the day, Sandwich selection  or  Sausage and vegetable casserole with warm crusty bread | | | Selection of sandwiches,  pork pie, quiche, salad and  coleslaw | |
| Mother eves pudding served  with custard | | Syrup sponge and custard | | | Cherry sponge and custard | | | Jam sponge and custard | | | Toffee apple bread and butter pudding | | | Rice pudding | | | Victoria sponge | |
|  | | Fresh homemade soup and a choice of fresh salads, fresh fruit, ice cream and yoghurt available on request | | | | | | | | | | | | | | |  | |
|  | | **Evening Snack** | | | | | | | | | | | | | | |  | |
|  | | Malt loaf, teacakes, or cheese & biscuits • Selection of beverages | | | | | | | | | | | | | | |  | |