

Menu: Week 2 (of 4)

This menu is not exhaustive. Specific dietary requirements will be met as necessary



Ashdown Lodge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Choice of Hot & Cold Cereals Fruit of Choice Yoghurt of Choice Jams & Preserves Juices, Coffee & Tea	Choice of Hot & Cold Cereals Fruit of Choice Yoghurt of Choice Jams & Preserves Juices, Coffee & Tea	Choice of Hot & Cold Cereals Fruit of Choice Yoghurt of Choice Jams & Preserves Juices, Coffee & Tea	Choice of Hot & Cold Cereals Fruit of Choice Yoghurt of Choice Jams & Preserves Juices, Coffee & Tea	Choice of Hot & Cold Cereals Fruit of Choice Yoghurt of Choice Jams & Preserves Juices, Coffee & Tea	Choice of Hot & Cold Cereals Fruit of Choice Yoghurt of Choice Jams & Preserves Juices, Coffee & Tea	Choice of Hot & Cold Cereals Fruit of Choice Yoghurt of Choice Jams & Preserves Juices, Coffee & Tea
Lunch						
Fish in parsley sauce, mashed potatoes carrots and broccoli ~~~	Lasagne with side salad and garlic bread ~~~	Chicken & Leek Pie with carrots and new potatoes Or Devilled Egg Salad ~~~	Herby Meatballs and Rice Or Quorn meatballs ~~~	Fishcakes, Chips & Peas Or Tuna Nicoise ~~~	Sausages in Onion Gravy, Mashed potato & Mixed Vegetables Or Vegetarian sausages ~~~	Roast Chicken, Roast Potatoes, Stuffing, Carrots & Cauliflower or Quorn chicken bites ~~~
Chocolate Sponge pudding with Chocolate Custard ~~~	Apple Crumble with Icecream ~~~	Lemon Meringue Pie with pouring Cream ~~~	Chefs Strawberry Cheesecake Or Yoghurt ~~~	Golden Syrup Sponge and Custard Or Cheese & Biscuits ~~~	Fresh Fruit Salad and Cream Or Ice-Cream ~~~	Tiramisu Or Semolina ~~~
Choice of Hot & Cold Drinks	Choice of Hot & Cold Drinks	Choice of Hot & Cold Drinks	Choice of Hot & Cold Drinks	Choice of Hot & Cold Drinks	Choice of Hot & Cold Drinks	Choice of Hot & Cold Drinks
Tea						
Soup of the Day & Sandwiches	Soup of the Day & Sandwiches	Soup of the Day & Sandwiches	Soup of the Day & Sandwiches	Soup of the Day & Sandwiches	Soup of the Day & Sandwiches	Soup of the Day & Sandwiches
Cheese on Toast ~~~	Fish Fingers with spaghetti ~~~	Mushrooms or Tomatoes on Toast ~~~	Omlette with side salad ~~~	Mini Kiev's and Salad ~~~	Cauliflower & Bacon Gratin ~~~	Mini Pasties and Salad ~~~
Lemon Mousse Or Yoghurt ~~~	Angel Delight ~~~	Yoghurt Or Ice-Cream ~~~	Cake selection ~~~	Milk Jelly ~~~	Jam Tarts ~~~	A Selection of Homemade Cakes ~~~
Choice of Hot & Cold Drinks	Choice of Hot & Cold Drinks	Choice of Hot & Cold Drinks	Choice of Hot & Cold Drinks	Choice of Hot & Cold Drinks	Choice of Hot & Cold Drinks	Choice of Hot & Cold Drinks
Supper						
A Selection of Cakes ~~~	A Selection of Snacks ~~~	A Selection of Biscuits ~~~	Cheese & Crackers ~~~	A Selection of Cakes ~~~	Cheese & Crackers ~~~	A Selection of Snacks ~~~
Tea, Coffee, Hot Milk, Hot Chocolate, Horlicks or Squash	Tea, Coffee, Hot Milk, Hot Chocolate, Horlicks or Squash	Tea, Coffee, Hot Milk, Hot Chocolate, Horlicks or Squash	Tea, Coffee, Hot Milk, Hot Chocolate, Horlicks or Squash	Tea, Coffee, Hot Milk, Hot Chocolate, Horlicks or Squash	Tea, Coffee, Hot Milk, Hot Chocolate, Horlicks or Squash	Tea, Coffee, Hot Milk, Hot Chocolate B7:H28, Horlicks or Squash

Menu: Week 3 (of 4)

This menu is not exhaustive. Specific dietary requirements will be met as necessary



Ashdown Lodge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Choice of Hot & Cold Breakfasts, Cereals Fruit of Choice Yoghurt of Choice Jams & Preserves Juices, Coffee & Tea	Choice of Hot & Cold Breakfasts, Cereals Fruit of Choice Yoghurt of Choice Jams & Preserves Juices, Coffee & Tea	Choice of Hot & Cold Breakfasts, Cereals Fruit of Choice Yoghurt of Choice Jams & Preserves Juices, Coffee & Tea	Choice of Hot & Cold Breakfasts, Cereals Fruit of Choice Yoghurt of Choice Jams & Preserves Juices, Coffee & Tea	Choice of Hot & Cold Breakfasts, Cereals Fruit of Choice Yoghurt of Choice Jams & Preserves Juices, Coffee & Tea	Choice of Hot & Cold Breakfasts, Cereals Fruit of Choice Yoghurt of Choice Jams & Preserves Juices, Coffee & Tea	Choice of Hot & Cold Breakfasts, Cereals Fruit of Choice Yoghurt of Choice Jams & Preserves Juices, Coffee & Tea

Lunch

Chicken Korma and rice Or Egg Salad ~~~ Coffee sponge pudding with evaporated milk ~~~ Choice of Hot & Cold Drinks	Fish in butter sauce, Mashed potatoes, broccoli & carrots Or Ham Salad ~~~ Lemon meringue pie ~~~ Choice of Hot & Cold Drinks	Minced Beef Lasagne, Garlic Bread and Side Salad Or Veggie lasagne ~~~ Chef's Strawberry Cheesecake ~~~ Choice of Hot & Cold Drinks	Beef Cobbler, Boiled Potatoes, Carrots & Leeks Or Quorn mince ~~~ Chefs Gateaux ~~~ Choice of Hot & Cold Drinks	Breaded Haddock, Baked beans and Chips Or Omelette ~~~ Apple Pie and Custard ~~~ Choice of Hot & Cold Drinks	Chicken nuggets, beans or peas and potato croquets Or Deville Egg Salad ~~~ Peaches and Pear Crumble & Pouring Cream ~~~ Choice of Hot & Cold Drinks	Roast British Pork, Roast Potatoes, stuffing & Seasonal Vegetables or Salmon fillet in sauce ~~~ Chefs Special Trifle ~~~ Choice of Hot & Cold Drinks
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Tea

Soup of the Day & Sandwiches ~~~ Cheese & Onion Quiche ~~~ Crème Caramel ~~~ Choice of Hot & Cold Drinks	Soup of the Day & Sandwiches ~~~ Cauliflower Cheese ~~~ Strawberry Mousse or Yoghurt ~~~ Choice of Hot & Cold Drinks	Soup of the Day & Sandwiches ~~~ Pilchards in Tomatoe Sauce On Toast ~~~ Yoghurt or Fruit Cocktail & Cream ~~~ Choice of Hot & Cold Drinks	Soup of the Day & Sandwiches ~~~ Mushrooms On Toast ~~~ Banana Split ~~~ Choice of Hot & Cold Drinks	Soup of the Day & Sandwiches ~~~ Jacket Potatoes with a Choice of Fillings ~~~ Peaches and Cream ~~~ Choice of Hot & Cold Drinks	Soup of the Day & Sandwiches ~~~ Omlette and salad ~~~ Chef's Vanilla Cheesecake ~~~ Choice of Hot & Cold Drinks	Soup of the Day & Sandwiches ~~~ Fish Fingers ~~~ A Selection of Homemade Cakes ~~~ Choice of Hot & Cold Drinks
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Supper

A Selection of Snacks ~~~ Tea, Coffee, Hot Milk, Hot Chocolate, Horlicks or Squash	A Selection of Snacks ~~~ Tea, Coffee, Hot Milk, Hot Chocolate, Horlicks or Squash	Cheese & Crackers ~~~ Tea, Coffee, Hot Milk, Hot Chocolate, Horlicks or Squash	Selection of Cakes ~~~ Tea, Coffee, Hot Milk, Hot Chocolate, Horlicks or Squash	A Selection of Snacks ~~~ Tea, Coffee, Hot Milk, Hot Chocolate, Horlicks or Squash	Cheese & Crackers ~~~ Tea, Coffee, Hot Milk, Hot Chocolate, Horlicks or Squash	A Selection of Snacks ~~~ Tea, Coffee, Hot Milk, Hot Chocolate, Horlicks or Squash
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