



Rushall Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Full English Breakfast, including..... Egg, Sausage, Bacon, Tomatoes, Beans, Mushrooms Porridge Toast and preserves Yoghurts	Full English Breakfast, including..... Egg, Sausage, Bacon, Tomatoes, Beans, Mushrooms Porridge Toast and preserves Yoghurts	Full English Breakfast, including..... Egg, Sausage, Bacon, Tomatoes, Beans, Mushrooms Porridge Toast and preserves Yoghurts	Full English Breakfast, including..... Egg, Sausage, Bacon, Tomatoes, Beans, Mushrooms Porridge Toast and preserves Yoghurts	Full English Breakfast, including..... Egg, Sausage, Bacon, Tomatoes, Beans, Mushrooms Porridge Toast and preserves Yoghurts	Full English Breakfast, including..... Egg, Sausage, Bacon, Tomatoes, Beans, Mushrooms Porridge Toast and preserves Yoghurts	Full English Breakfast, including..... Egg, Sausage, Bacon, Tomatoes, Beans, Mushrooms Porridge Toast and preserves Yoghurts
Lunch	Cottage pie or Fisherman's pie Served with a selection of seasonal Vegetables Mashed or boiled potatoes Stewed fruit & Custard	Gammon & Parsley Sauce or Macaroni cheese Served with a selection of seasonal Vegetables Mashed or boiled potatoes Rice pudding with mixed fruit jam	Full Roast and all the trimmings. Served with a selection of seasonal Vegetables Stuffing / Yorkshires Mashed or boiled potatoes Pineapple upside down cake & custard	Savoury minced lamb or Chicken and ham pie Served with a selection of seasonal Vegetables Mashed or boiled potatoes Sultana sponge & custard	Fish / Cod Roe or Sausages in gravy Served with chips & selection of seasonal Vegetables Mashed or boiled potatoes Semolina	Beef Stew Broccoli & pasta bake Served with a selection of seasonal Vegetables Mashed, chipped or boiled potatoes Apple crumble & custard or cream	Full Roast and all the Trimmings Served with a selection of seasonal Vegetables Stuffing / Yorkshires Mashed or boiled potatoes Syrup sponge & custard
Tea	Ham & tomato toasties with salad Cheese & potato pie with baked beans Soup of the day A selection of Sandwiches Chocolate mousse & cream	Scrambled egg & spaghetti hoops on toast Bacon sandwich Soup of the day A selection of Sandwiches Pears with pouring cream	Scrambled eggs on toast Soup of the day A selection of Sandwiches Lemon Mousse	Chicken nuggets, chips & mushy peas Tuna & cheese bake, parsley sauce & mixed vegetables Soup of the day A selection of Sandwiches Lemon meringue	Meatballs in tomato sauce Boiled egg sandwich Soup of the day A selection of Sandwiches Cheesecake	Bacon, scrambled egg & tin tomatoes Jacket potato with tuna mayo & salad Soup of the day A selection of Sandwiches Peach Fool	Buffet Tea with Pork Pie Sausage Rolls Soup of the day A selection of Sandwiches English Trifle

Optional extras served daily include Jacket Potatoes, Cheese or Meat Salad, Sandwiches, Soup, Omelette (with a variety of fillings), Beans / Egg, Tomatoes, Cheese on toast, Egg Chips and Beans

All special consistency diets are made up from the original menu daily