



Rushall Menu Week 3

	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	Gammon with Parsley Sauce Tuna and Sweetcorn Pasta Bake Served with a selection of seasonal Vegetables Mashed or boiled potatoes Baked Egg Custard	Minced Beef Cobbler Toad in the Hole Served with a selection of seasonal Vegetables Mashed or boiled potatoes Almond Jam Sponge and Custard	Full Roast and all the trimmings. Served with a selection of seasonal Vegetables Stuffing / Yorkshires Mashed or boiled potatoes Eves Pudding and Custard	Shepherds Pie Cauliflower Cheese Served with a selection of seasonal Vegetables Mashed or boiled potatoes Rice Pudding and Jam to suit	Fish / Cod Roe and Chips with peas Cornbeef Hash Served with a selection of seasonal Vegetables Mashed or boiled potatoes Choc Chip Sponge and Custard	Chicken Casserole Broccoli and Cheese Quiche Served with a selection of seasonal Vegetables Mashed or boiled potatoes Bananas and Custard	Full Roast and all the Trimmings Served with a selection of seasonal Vegetables Stuffing / Yorkshires Mashed or boiled potatoes Plum Crumble and Custard
Tea	Fish Cakes or Sausages with Mashed Potatoes And Mushy Peas Soup of the day A selection of Sandwiches Jelly and Cream	Egg, Chips and Beans Turkey Salad Soup of the day A selection of Sandwiches Raspberry Mousse	Macaroni Cheese Jacket Potatoes with fillings Soup of the day A selection of Sandwiches Fruit Cocktail and Cream	Faggots, croquet potatoes, peas Cheese Toastie Soup of the day A selection of Sandwiches Crème Caramel	Cheese / Tomatoes on toast Bacon Sandwich Soup of the day A selection of Sandwiches Lemon Meringue Pie	Poached Egg on toast Cheese and Potato Pie Soup of the day A selection of Sandwiches Butterscotch Mousse	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