

THE GRANGE WEEKLY MENU WEEK 1

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee ☞ ☞ ♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt Traditional Breakfast (available at additional cost)	♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee ☞ ☞ ♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt Traditional Breakfast (available at additional cost)	♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee ☞ ☞ ♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt Traditional Breakfast (available at additional cost)	♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee ☞ ☞ ♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt Traditional Breakfast (available at additional cost)	♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee ☞ ☞ ♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt Traditional Breakfast (available at additional cost)	♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee ☞ ☞ ♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt Traditional Breakfast (available at additional cost)	♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee ☞ ☞ ♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt Traditional Breakfast (available at additional cost)
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Garlic Mushrooms Gammon Steak served with Grilled Pineapple ♥ Haddock <i>Poached In Milk With A Fresh Parsley Sauce</i> V Spanish Omelettes Selection Of Seasonal Vegetables and Potatoes ☞ ☞ Spotted dick with Custard Sweet Selection	Homemade Vegetable Soup ♥ Braised Steak in a Rich Onion Gravy with Mashed Potatoes Wholetail Scampi <i>Served with Chunky Chips, and accompanied by Lemon and Tartare Sauce</i> V Mushroom Sroganoff <i>Served with Steamed rice</i> Selection Of Seasonal Vegetables and Potatoes ☞ ☞ Syrup Sponge and Custard Sweet Selection	Melon Balls With Mango Coulis Pork and Apple Casserole Slow cooked Pork in a rich Cider Gravy ♥ Prawn and Vegetable Pizza V Deep Fried Brie with Cranberry dip Selection Of Seasonal Vegetables and Potatoes ☞ ☞ Homemade Apple Pie & Custard Sweet Selection	Prawn Cocktail Roast Lamb <i>Succulent Lamb Slow Cooked With Mint Sauce</i> ♥ Grilled Haddock <i>Served with white wine, cream and asparagus sauce</i> V Leek and Cream Cheese Stuffed Jacket Potatoes Selection Of Seasonal Vegetables and Potatoes ☞ ☞ Rice pudding with Sultanas and Mixed Spice Sweet Selection	Homemade Broccoli and Stilton Soup Fish n Chips Beer Battered Pangasius Fillet served with Chunky Chips, Mushy Peas and Homemade Tartare sauce Beef Goulash <i>Tender Pieces of Beef cooked in a Tomato and Paprika Sauce</i> V Vegetable Stir Fry Selection Of Seasonal Vegetables and Potatoes ☞ ☞ Rhubarb Crumble with Custard Sweet Selection	Homemade Minestrone Soup ♥ Chicken Breast Wrapped in Smoked Bacon and oven baked ♥ Steamed Pangasius <i>Served with Lemon Butter</i> V Vegetable Spring rolls with a Sweet Chilli dip Selection Of Seasonal Vegetables and Potatoes ☞ ☞ Pancakes served with Syrup, Jam and Cream Sweet Selection	Fresh Broccoli Soup ♥ Roast Pork <i>Roast Leg of Pork with apple Sauce</i> Fillet of cod in a Creamy Butter Sauce V Cheese and Onion Pastie Selection Of Seasonal Vegetables and Potatoes ☞ ☞ Bakewell Tart with Custard Sweet Selection
Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal
Soup Of The Day Fruit Juice ☞ ☞ Cottage Pie with Beetroot ♥Selection Of Sandwiches, Cooked Meats or Cheese and Salads Sweet Selection Ice –Cream Yoghurt	Soup Of The Day Fruit Juice ☞ ☞ Meat and Potato Pie with Mixed Vegetables ♥Selection Of Sandwiches, Cooked Meats or Cheese and Salads Sweet Selection Ice-Cream Yoghurts	Soup Of The Day Fruit Juice ☞ ☞ Irish Stew served with a Bread Roll ♥Selection Of Sandwiches, Cooked Meats or Cheese and Salads Sweet Selection Ice-Cream Yoghurts	Soup Of The Day Fruit Juice ☞ ☞ Smoked Mackerel on Toast ♥Selection Of Sandwiches, Cooked Meats or Cheese and Salads Sweet Selection Ice-Cream Yoghurts	Soup Of The Day Fruit Juice ☞ ☞ Kingsize Vol Au Vent With Ham & Cheese ♥Selection Of Sandwiches, Cooked Meats or Cheese and Salads Sweet Selection Ice-Cream Yoghurts	Soup Of The Day Fruit Juice ☞ ☞ Cod Goujons with Chunky Chips and Peas ♥Selection Of Sandwiches, Cooked Meats or Cheese and Salads Sweet Selection Ice-Cream Yoghurts	Soup Of The Day Fruit Juice ☞ ☞ Jacket Potatoes with a Choice of Fillings Butter, Cheese, Beans and Tuna ♥Selection Of Sandwiches, Cooked Meats or Cheese and Salads Sweet Selection Ice-Cream Yoghurts

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THE GRANGE WEEKLY MENU WEEK 2

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee ☞ ☞ ♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt Traditional Breakfast (available at additional cost)	♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee ☞ ☞ ♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt Traditional Breakfast (available at additional cost)	♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee ☞ ☞ ♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt Traditional Breakfast (available at additional cost)	♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee ☞ ☞ ♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt Traditional Breakfast (available at additional cost)	♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee ☞ ☞ ♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt Traditional Breakfast (available at additional cost)	♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee ☞ ☞ ♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt Traditional Breakfast (available at additional cost)	♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee ☞ ☞ ♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt Traditional Breakfast (available at additional cost)
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Homemade Tomato and Basil Soup Beef Stew with Herb Dumplings Salmon en Croute ♥ Broccoli and Cauliflower Pasta Bake Selection Of Seasonal Vegetables and Potatoes ☞ ☞ Pineapple Upside down Cake & Custard Sweet Selection	Fanned Honeydew Melon Turkey in a White wine and Red Pepper Sauce ♥ Grilled Haddock fillet with Lemon Butter ♥ Vegetarian Chilli <i>Served with Steamed Rice</i> Selection Of Seasonal Vegetables and Potatoes ☞ ☞ Jam Roly Poly with Custard Sweet Selection	Homemade Vegetable Soup Chicken and Vegetable Pie Breaded Cod Fillet <i>served with a lemon Wedge</i> ♥ Stuffed Aubergine Selection Of Seasonal Vegetables and Potatoes ☞ ☞ Apricot Crumble served with Custard Sweet Selection	Battered Mushrooms filled with Cream cheese ♥ Roast Beef with Yorkshire Pudding Chicken Tikka Masala served with Steamed rice ♥ Sweetcorn & Broccoli Fritters Selection Of Seasonal Vegetables and Potatoes ☞ ☞ Eves Pudding and Custard Sweet Selection	Tomato and Basil Bruchetta ♥ Braised Lamb and Vegetable Casserole Breaded Plaice Fillet <i>Served with Lemon Wedge and Tartare Sauce</i> ♥ Garlic Mushrooms <i>Served with Bread Roll and butter</i> Selection Of Seasonal Vegetables and Potatoes ☞ ☞ Chocolate and Red Cherry Pudding served with Single Cream Sweet Selection	Homemade Carrot and Corriander Soup Pork Stroganoff <i>Thin Strips Of Pork With Shallots Mushrooms, Paprika And Cream, Served With Boiled Rice</i> <i>Served with Lemon Chunky Chips and Peas</i> ♥ Egg Fried Rice Selection Of Seasonal Vegetables ☞ ☞ Chocolate Eclairs Sweet Selection	Fresh Minestrone Soup Roast Lamb <i>Roast Leg of Lamb with mint sauce</i> ♥ Prawn Salad <i>Marie Rose Sauce and Brown Bread and Butter</i> ♥ Potato and Vegetable Layer Bake Selection Of Seasonal Vegetables and Potatoes ☞ ☞ Sliced Poached Pears in Red Wine Sweet Selection
Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal
Soup Of The Day Fruit Juice ☞ ☞ Sausage Casserole with Spicy Potato Wedges and Vegetables ♥ Selection Of Sandwiches and Cooked Meats or Cheese Salads Sweet Selection Ice-Cream Yoghurts	Soup Of The Day Fruit Juice ☞ ☞ Steak and Ale Pie Served with New Potatoes and Vegetables ♥ Selection Of Sandwiches and Cooked Meats or Cheese Salads Sweet Selection Ice-Cream Yoghurts	Soup Of The Day Fruit Juice ☞ ☞ Cheese and Ham Toasties ♥ Selection Of Sandwiches and Cooked Meats or Cheese Salads Sweet Selection Ice-Cream Yoghurts	Soup Of The Day Fruit Juice ☞ ☞ Stuffed Jacket Potatoes served with Homemade Coleslaw ♥ Selection Of Sandwiches and Cooked Meats or Cheese Salads Sweet Selection Ice-Cream Yoghurts	Soup Of The Day Fruit Juice ☞ ☞ Poached Eggs and Spaghetti on Toast ♥ Selection Of Sandwiches and Cooked Meats or Cheese Salads Sweet Selection Ice-Cream Yoghurts	Soup Of The Day Fruit Juice ☞ ☞ ♥ Cheese and Onion Quiche ♥ Selection Of Sandwiches and Cooked Meats or Cheese Salads Sweet Selection Ice-Cream Yoghurts	Soup Of The Day Fruit Juice ☞ ☞ Spaghetti Bolognese ♥ Selection Of Sandwiches and Cooked Meats or Cheese Salads Sweet Selection Ice-Cream Yoghurts

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THE GRANGE WEEKLY MENU 3

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<p style="text-align: center;">♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee</p> <p style="text-align: center;">❧ ❧</p> <p>♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt</p> <p style="text-align: center;">Traditional Breakfast (available at additional cost)</p>	<p style="text-align: center;">♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee</p> <p style="text-align: center;">❧ ❧</p> <p>♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt</p> <p style="text-align: center;">Traditional Breakfast (available at additional cost)</p>	<p style="text-align: center;">♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee</p> <p style="text-align: center;">❧ ❧</p> <p>♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt</p> <p style="text-align: center;">Traditional Breakfast (available at additional cost)</p>	<p style="text-align: center;">♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee</p> <p style="text-align: center;">❧ ❧</p> <p>♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt</p> <p style="text-align: center;">Traditional Breakfast (available at additional cost)</p>	<p style="text-align: center;">♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee</p> <p style="text-align: center;">❧ ❧</p> <p>♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt</p> <p style="text-align: center;">Traditional Breakfast (available at additional cost)</p>	<p style="text-align: center;">♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee</p> <p style="text-align: center;">❧ ❧</p> <p>♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt</p> <p style="text-align: center;">Traditional Breakfast (available at additional cost)</p>	<p style="text-align: center;">♥Fresh Fruit Juice Freshly Brewed Tea Or Coffee</p> <p style="text-align: center;">❧ ❧</p> <p>♥Toast And Preserves, Cereals, Porridge And Prepared Fruit or Yoghurt</p> <p style="text-align: center;">Traditional Breakfast (available at additional cost)</p>
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<p>Homemade Leek and Potato Soup</p> <p>Beef Hot Pot topped with Sliced Potatoes</p> <p style="text-align: center;">♥Grilled Haddock fillet <i>Poached In Milk With Dill sauce</i></p> <p>♥ Broccoli and Cheddar Cheese Flan</p> <p style="text-align: center;">Selection Of Seasonal Vegetables and Potatoes</p> <p style="text-align: center;">❧ ❧</p> <p>Apple Crumble and Custard Sweet Selection</p>	<p style="text-align: center;">Egg Mayonnaise</p> <p>♥Baked Ham served with Apricot chutney</p> <p style="text-align: center;">Tempura Battered Hake</p> <p style="text-align: center;">♥ Bubble and Squeek</p> <p style="text-align: center;">Selection Of Seasonal Vegetables and Potatoes</p> <p style="text-align: center;">❧ ❧</p> <p>Jam sponge with Custard Sweet Selection</p>	<p style="text-align: center;">Homemade Red Pepper soup</p> <p>Steak Pie with a Puff Pastry Lid</p> <p>Homemade Fishcakes served with Tartare Sauce</p> <p>♥ Vegetable Stew with Herb Dumplings</p> <p style="text-align: center;">Selection Of Seasonal Vegetables and Potatoes</p> <p style="text-align: center;">❧ ❧</p> <p>Manchester Tart Sweet Selection</p>	<p style="text-align: center;">Florida cocktail</p> <p>♥Roast Chicken served with Sage and Onion Stuffing</p> <p>♥Grilled Pollack Fillet</p> <p>♥ Macaroni Cheese</p> <p style="text-align: center;">Selection Of Seasonal Vegetables and Potatoes</p> <p style="text-align: center;">❧ ❧</p> <p>Ginger Sponge with Custard</p>	<p style="text-align: center;">Homemade Cream of Cauliflower Soup</p> <p>Grilled Bacon Chops with Trimmings</p> <p>♥Fisherman's Pie</p> <p>♥ Greek Salad with Feta Cheese and Olives</p> <p style="text-align: center;">Selection Of Seasonal Vegetables and Potatoes</p> <p style="text-align: center;">❧ ❧</p> <p>Syrup Sponge with Custard</p>	<p style="text-align: center;">Homemade Pea and Ham Soup</p> <p>Savoury Mince with Herb Dumplings</p> <p>♥Baked Prawn Omelette</p> <p>♥ Vegetarian Sausage Casserole</p> <p style="text-align: center;">Selection Of Seasonal Vegetables and Potatoes</p> <p style="text-align: center;">❧ ❧</p> <p>Hot Chocolate fudge cake with Cream Sweet Selection</p>	<p style="text-align: center;">Homemade Chicken Liver Pate</p> <p>♥Roast Turkey with Trimmings</p> <p>Fillet of Plaice in a White Wine Sauce and topped with Mushrooms</p> <p>♥ Quorn and Vegetable Pie topped with a Puff Pastry Lid</p> <p style="text-align: center;">Selection Of Seasonable Vegetables and Potatoes</p> <p style="text-align: center;">❧ ❧</p> <p>Lemon Meringue with Cream Sweet Selection</p>
Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal	Evening Meal
<p style="text-align: center;">Soup Of The Day Fruit Juice</p> <p style="text-align: center;">❧ ❧</p> <p>Cauliflower Mornay with Crusty Bread</p> <p>♥Selection Of Sandwiches, Cooked Meats or Cheese and Salads</p> <p style="text-align: center;">Sweet Selection Yoghurts Ice-Cream</p>	<p style="text-align: center;">Soup Of The Day Fruit Juice</p> <p style="text-align: center;">❧ ❧</p> <p>Beef Lasagne served with garlic Bread</p> <p>♥Selection Of Sandwiches, Cooked Meats or Cheese and Salads</p> <p style="text-align: center;">Sweet Selection Ice-Cream Yoghurts</p>	<p style="text-align: center;">Soup Of The Day Fruit Juice</p> <p style="text-align: center;">❧ ❧</p> <p style="text-align: center;">Teatime Grill</p> <p>♥Selection Of Sandwiches, Cooked Meats or Cheese and Salads</p> <p style="text-align: center;">Sweet Selection Ice-Cream Yoghurts</p>	<p style="text-align: center;">Soup Of The Day Fruit Juice</p> <p style="text-align: center;">❧ ❧</p> <p>Potato Cake, with Baked Beans and Grilled Tomato</p> <p>♥Selection Of Sandwiches, Cooked Meats or Cheese and Salads</p> <p style="text-align: center;">Sweet Selection Ice-Cream Yoghurts</p>	<p style="text-align: center;">Soup Of The Day Fruit Juice</p> <p style="text-align: center;">❧ ❧</p> <p>Corned beef Pasties with Gravy and Vegetables</p> <p>♥Selection Of Sandwiches, Cooked Meats or Cheese and Salads</p> <p style="text-align: center;">Sweet Selection Ice-Cream Yoghurts</p>	<p style="text-align: center;">Soup Of The Day Fruit Juice</p> <p style="text-align: center;">❧ ❧</p> <p>♥ Chicken Casserole with Crusty Bread</p> <p>♥Selection Of Sandwiches, Cooked Meats or Cheese and Salads</p> <p style="text-align: center;">Sweet Selection Ice-Cream Yoghurts</p>	<p style="text-align: center;">Soup Of The Day Fruit Juice</p> <p style="text-align: center;">❧ ❧</p> <p>Sausage and Bacon Barm</p> <p>♥Selection Of Sandwiches, Cooked Meats or Cheese and Salads</p> <p style="text-align: center;">Sweet Selection Ice-Cream Yoghurts</p>

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