

SAMPLE WEEKLY MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Fish Pie with beans and broccoli	Ham & parsley sauce with mashed potatoes, sautéed courgettes and cauliflower	Vegetable served with sugar snap peas, bobbies hat potatoes and sweetcorn	Cottage Pie with carrots and local runner beans	Lindy's Crusted Salmon ** with new potatoes, peas and broccoli	Chicken pie with boiled potatoes, cabbage and mashed swede	Roast Beef & Yorkshire Pudding with roast potatoes, parsnips, carrots and greens
Apple crumble and custard or ice-cream	Chocolate mousse with shortbread	Bread and butter pudding with custard or ice-cream	Treacle tart with custard or ice-cream	Lemon surprise pudding and cream	Poached pears and ice-cream	Summer berry trifle (with berries)
TEA	TEA	TEA	TEA	TEA	TEA	TEA
Sandwich selection	Cheese on toast	Toasted tea cakes	Ham salad	Cheesy crumpets	Homemade seasonal soup	Boiled egg & soldiers
All teas include a selection of cheese & biscuits, fruits and yoghurt, and homemade cakes						

Wherever possible, ingredients are sourced from local suppliers and villagers' vegetable gardens

** a favourite from our Community Cook Book – [PeriCooks](#)