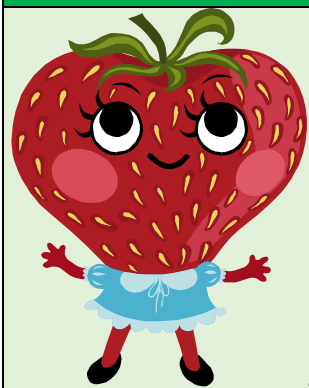


# Week 1

## St Martha's Garden Kitchen Menu WC – 05/09/22 – 26/09/22 – 17/10/22



**Monday**

**One of the following:**

Chicken Casserole

OR

Macaroni Cheese (V)

All served with Creamed Potatoes, seasonal vegetables

. Variety of ice cream pots, selection of Fresh Fruit, Yoghurt or Cheese and Crackers

Available Daily **FRESH MIXED SALAD, JACKET POTATOES**, served with **Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,**  
**ASSORTED HOMEMADE SANDWICHES**, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham  
**CHEESE & BISCUITS, FRESH BREAD**



**Tuesday**

**One of the following:**

Pork Frankfurter / Quorn Sausage (V)

All served with homemade seasoned wedges, seasonal vegetables

Sultana Sponge, selection of Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – **FRESH MIXED SALAD, JACKET POTATOES**, served with **Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,**  
**ASSORTED HOMEMADE SANDWICHES**, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham  
**CHEESE & BISCUITS, FRESH BREAD**

**Wednesday**



**One of the following:**

Roast Chicken, Yorkshire Pudding with sage and onion stuffing

OR

Cheese and Vegetable Croquettes (V)

All served with roast potatoes, seasonal vegetables.

Fruit Jelly, selection of Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – **FRESH MIXED SALAD, JACKET POTATOES**, served with **Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,**  
**ASSORTED HOMEMADE SANDWICHES**, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham  
**CHEESE & BISCUITS, FRESH BREAD**

**Thursday**



**One of the following:**

Chicken Tikka with Flat Bread,

OR

Cheese Twist

Served with Pommes Noisettes, seasonal vegetables.

Oaty Cookie, selection of Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily **FRESH MIXED SALAD, JACKET POTATOES**, served with **Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,**  
**ASSORTED HOMEMADE SANDWICHES**, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham  
**CHEESE & BISCUITS, FRESH BREAD**

**Friday**



**One of the following:**

Crunchy Fish Fingers

OR

Sausage Roll (V)

All served with Chips, Seasonal Vegetables

Homemade Chocolate Crunch, Yoghurt or Cheese and Crackers.

Available Daily – **FRESH MIXED SALAD, JACKET POTATOES**, served with **Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,**  
**ASSORTED HOMEMADE SANDWICHES**, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham  
**CHEESE & BISCUITS, FRESH BREAD**

# Week 2

## St Martha's Garden Kitchen Menu WC -12/09/22 – 03/10/22



**Monday**

**One of the following:**

Beef Bolognese or Quorn & Garlic Bread  
Served with Seasonal Vegetables.

Homemade Cherry Cake, Fresh Fruit Yoghurt or Cheese and Crackers.

Available Daily **FRESH MIXED SALAD, JACKET POTATOES**, served with **Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,**  
**ASSORTED HOMEMADE SANDWICHES**, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham **CHEESE & BISCUITS, FRESH BREAD**



**Tuesday**

**One of the following:**

Low Fat, Low Salt Pork Sausage or Veggie Quorn Sausage with Yorkshire Puddings

All served with Creamed Potatoes, Seasonal Vegetables

American Choc Chip Cookie, Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily **FRESH MIXED SALAD, JACKET POTATOES**, served with **Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,**  
**ASSORTED HOMEMADE SANDWICHES**, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham **CHEESE & BISCUITS, FRESH BREAD**

**Wednesday**



**One of the following:**

Chicken and Vegetable Pie

OR

Quorn Dippers

All served with Duchess Potato's, Seasonal Vegetables

Oreo Choc Brownie, Yoghurt or Cheese and Crackers.

Available Daily **FRESH MIXED SALAD, JACKET POTATOES**, served with **Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,**  
**ASSORTED HOMEMADE SANDWICHES**, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham **CHEESE & BISCUITS, FRESH BREAD**

**Thursday**



**One of the following:**

Pork Meat Balls or Veggie Quorn balls in Tomato sauce (V) served with Pasta twists

All served with Seasonal Vegetables

Assorted Arctic Roll, Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily **FRESH MIXED SALAD, JACKET POTATOES**, served with **Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,**  
**ASSORTED HOMEMADE SANDWICHES**, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham **CHEESE & BISCUITS, FRESH BREAD**

**Friday**



**One of the following:**

Crunchy Fish Stars or Assorted Omelettes (V)

All served with Chips, Seasonal Vegetables

Shortbread, Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily **FRESH MIXED SALAD, JACKET POTATOES**, served with **Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,**  
**ASSORTED HOMEMADE SANDWICHES**, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham **CHEESE & BISCUITS, FRESH BREAD**

# Week 3

## St Martha's Garden Kitchen Menu WC 19/09/22 – 10/10/22



**Monday**

**One of the following:**

Cheese Beefburger or Pasta Pomodoro

All served with Pommes Noisette, Seasonal Vegetables

Homemade Cookie Tray Bake, Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD



**Tuesday**

**One of the following:**

Beef Lasagne & Garlic Bread OR Quorn Korma (V) with Basmati rice

All served with Potato Wedges, Seasonal Vegetables

Homemade Chocolate Sponge, Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD

**Wednesday**



**One of the following:**

Roast Turkey / Quorn Fillets(V) Tuna Pasta Bake

Roast potatoes, Seasonal Vegetables

Doughnuts, Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD

**Thursday**



**One of the following:**

Homemade Cottage Pie or Cheesy Beanies (V)

All served with Hash Browns, Seasonal Vegetables

Cup Cakes, Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily – FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD

**Friday**



**One of the following:**

Fish Fingers or Homemade Cheese and Tomato Quiche(V)

All served with Chips, Seasonal Vegetables

Ice Cream, Fresh Fruit, Yoghurt or Cheese and Crackers.

Available Daily FRESH MIXED SALAD, JACKET POTATOES, served with Cheese, Baked Beans, Tuna, Salad, FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS, ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD



# St Martha's Garden Kitchen

