

### Weekly Menu Budget

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Braised Steak	Gammon steak, Fried Egg	Chicken stir fry	Chilli Con Carne	Tuna and Pasta Bake	Spicy meat feast pizza	Chicken burger in a bap
Breaded Cod	Vegetable Bolognese	Quiche Lorraine	Smoked Mackerel	Sausage and Pasta sauté	Poached Salmon	Vegetable Burger in a bap
Chips/Pasta	Rice/jacket potato	Pasta	Rice/new potatoes	New Potatoes	Chips	Roast Potatoes
Chefs selection of Vegetables	Chefs selection of Vegetables	Chefs selection of Vegetables	Chefs selection of Vegetables	Chefs selection of Vegetables	Chefs selection of Vegetables	Chefs selection of Vegetables
Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt

### Example of group menu during 2010

#### MONDAY

Beef Lasagne, Chips, Side Salad, Peas  
Chocolate Sponge, Chocolate Sauce

#### Tuesday

Braised Beef Steak in Red Wine, New Potatoes, Broccoli and Carrots, Side Salad  
Assorted Cheesecakes

#### Wednesday

Spaghetti Bolognese, Chips, Sweetcorn, Side Salad  
Assorted Gateaux

#### Thursday

Poached Salmon in a Lemon Sauce, Garlic and Herb Potatoes, Mixed Vegetables, Cabbage, Side Salad  
Apple Crumble, Cream

### Food Costs – 2011

Cooked breakfast £2.50

Packed Lunch £4.95

Budget 2 course evening meal £7.00 (example above)

2 course evening meal £8.50

Full Board (cooked breakfast, packed lunch and 2 course evening meal)

Adult £15.30

Child £13.50 (0 – 16 years)

We can cater any special dietary requirements