

Week 4 - Nightingale House - Autumn 2019

Monday Monday Lunch	Tuesday Tuesday Lunch	Wednesday Wednesday Lunch	Thursday Thursday Lunch	Friday Friday Lunch	Saturday Saturday Lunch	Sunday Sunday Lunch
Milk Meal	Meat Meal	Milk Meal	Meat Meal	Milk Meal	Meat Meal	Meat Meal
Cream of Mushroom Soup	Broccoli Soup	Butternut Squash Soup	Carrot & Coriander Group	Root Vegetable Soup	Chickpea Soup	Broccoli Soup
Mandarins	Melon Cocktail	Orange Segments	Mandarins	Grapefruit	Melon Salad	Orange Segments
Cod in Cheese & Herb Sauce	Chicken Sausages in	Haddock with Matzo Meal	Beef, Mushroom & Onion Pie	Poaced Salmon with	Mild Chicken Curry	Shepherds Pie topped with
Pea, Spinach and White Bean	Onion Gravy	Tartar Sauce and Lemon Stir Fry Quorn with	Bean & Quorn Vegetable Stew	Dill & Lemon Mayonnaise	Warm Cous Cous with Beans & Veg	Carrots & Mash
Risotto	Mushroom & Bean Turnovers	Cheesey Pasta Bake		Spiced Chickpea Patties		Roasted Nut Loaf
Mash POTatoes Sweetcorn Green Beans	(Quorn) Mash Potatoes Roasted Garlic New Potatoes	Chips Mashed Potatoes Peas, Grilled Tomato	Mash Potatoes Sauteed Red Cabbage Courgettes	Sliced Potatoes & Onions Mash Potatoes Buttered Carrots, Peas	Boiled Rice Mash Potatoes Medley of Vegetables	Potato Greens Cauliflower
Peaches and Cream	Cauliflower, Green Beans		Peach Crumble with	Bakewell Tart	Stewed Plums with parev Cream	Pear & Ginger Sponge
	Eves Pudding with Parev Custard	Berry Burst Fruit Rool	Parev Cream			with Parev Cream
Tea or Coffee with Milk	Lemon Tea or Black Coffee	Tea or Coffee with Milk	Lemon Tea or Black Coffee	Tea or Coffee with Milk	Lemon Tea or Black Coffee	Lemon Tea or Black Coffee
Cherry Cake	Ginger Cake	Cookies	Frosted Lemon Cake	Orange Cake	Banana Cake	Chocolate Brownies
Milk Meal Monday	Milk Meal Tuesday	Milk Meal Wednesday	Milk Meal Thursday	Meat Meal Friday	Milk Meal Saturday	Milk Meal Sunday
Cream of Vegetable Soup	Cream of Potato & Onion Soup	Cream of Cauliflower Soup	Sweet Potato Soup	Chicken Soup with Lokshen & Kneidlach	Cream of Celeriac Soup	Split Pea Soup
Sandwich Selection	Sandwich Selection	Sandwich Selection	Sandwich Selection	Sandwich Selection	Sandwich Selection	Sandwich Seleccction
Garlic Bread topped with Grilled Roasted Vegetables and Cheese	Vegetable Lasagna with Tuna, Cottage Cheese	Cheese & Chive Quiche Potato Salad	Jacket Potatoes Garlic Bread	Chicken Liver or Chopped Egg and Onion Chcken Liver	Herring Salad Beetroot & Onion Salad	Scrambled Egg with Baked Beans and
Tomato & Red Onion Salad	Celery and Walnut Salad dressed in Sweet Vinegarette	Cucumber & Mint	Mixed Salad	Lemon & Garlic Rubbed Roast Chicken	Sliced Tomatoes in Herb Vinegarette	Grilled Tomatoes
Coleslaw	Tossed Salad	Poached Apricots with Dairy Cream	Sultana Sponge & Milky Custard	Vegetable & Nut Wellington	Apple Crumble & Milky Custard	Cherry Sponge and Dairy Ice Cream
Dairy Ice Cream & Fruit Sauce	Lemon Drizzle Cake with Dairy Cream			Cauliflower Carrots Tzimmes Roast Potatoes, Mash Potatoes Peaches and Parev Cream		
Tea or Coffee with Milk	Tea or Coffee with Milk	Tea or Coffee with Milk	Tea or Coffee with Milk	Lemon Tea or Black Coffee	Tea or Coffee with Milk	Tea or Coffee with Milk