

The Callywhite Winter Menu - Week 1

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cold option	Fruit juice, grapefruit, stewed or dried fruits, selection of cereals or porridge, toast and preserves, tea or coffee						
	Hot option	Choice of egg, tomatoes, bacon, sausage						
Mid Morning		Choice of hot & cold Beverages, cake or biscuits plus a selection of prepared fresh fruit						
Main Meal	Dish of the Day	Sausage Casserole	Minced Meat & Vegetable Pie	Quiche	Pork Casserole	Fish Pie	Irish Stew	Roast Lamb with Mint Sauce
	Alternative Choice	Ham Salad	Ham Omelet	Fried Egg	Jacket Potato with Cheese	Tuna Fish Cakes	Cornish Pasty	Salmon Salad
	Potato	Mashed	Boiled	Chips	Sliced with Onions		Croquettes	Mashed & Roast
	Vegetables	Cabbage & Carrots	Cauliflower & Mixed	Baked Beans & Grilled Tomato	Broccoli, Carrots & Suede	Mushy Peas & Carrots	Cabbage & Garden Peas	Leeks & Sprouts
	Sauces					Parsley		White Sauce
	Pudding of the Day	Chocolate Sponge & Chocolate Sauce	Rhubarb Crumble	Rice Pudding	Coconut Sponge	Sultana Sponge	Apple & Sultana Strudel	Strawberry Cheesecake
	Alternative Choice	Semolina	Stewed Fruit & custard	Cheese & Biscuits	Fruit Salad & Cream	Arctic Roll	Stewed Fruit & Custard	Fruit & Cream
	Beverages	Tea, water or squash						
Afternoon		Choice of hot & cold beverages, cake or biscuits plus a selection of prepared fresh fruit						
Light Meal	Main Choice	Cheese & Tomato Pizza	Spaghetti on Toast	Sardine Salad	Cheese on Toast	Jacket Potato & Cheese	Buttered Teacakes	Pork Pie & Crisps
	Alternative Choice	Soup & Sandwiches						
Sweet Item	Main Choice	Jelly & Ice-Cream	Pears in Chocolate Sauce	Peaches & Cream	Milk Jelly	Bananas & Custard	Fruit & Jelly	Sultana Cake
	Alternative Choice	Choice of cake, fruit, ice-cream, yoghurt						
	Beverages	Tea or coffee						
Supper		Selection of hot & cold beverages including milky drinks, cakes, biscuits or toast						

The Callywhite Winter Menu - Week 2

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cold option	Fruit juice, grapefruit, stewed or dried fruits, selection of cereals or porridge, toast and preserves, tea or coffee						
	Hot option	Choice of Egg, Tomatoes, Bacon, Sausage						
Mid Morning		Choice of hot and cold Beverages, cake or biscuits plus a selection of prepared fresh fruit						
Main Meal	Dish of the Day	Pork Casserole	Cottage Pie	Poached Salmon	Braised Steak	Fried/Poached Fish	Corned Beef Hash	Roast Pork & Sage and Onion Stuffing
	Alternative Choice	Cheese Pie	Jacket Potato	Sausages	Vegetable Pie	Egg	Chicken	Jacket Potato
	Potato	Creamed		Sauté	Creamed	Chips	Sauté	Roast & Mash
	Vegetables	Parsnip, Broccoli	Green Beans, Swede	Peas, Cabbage	Swede, Cauliflower	Broccoli, Peas	Baked Beans	Carrots, Parsnips
	Sauces	Gravy		Parsley		Gravy		
	Pudding of the Day	Bakewell Tart & Custard	Bread & Butter Pudding & Cream	Stewed Pears & Chocolate Sauce	Ginger Sponge & White Sauce	Blackberry Crumble & Cream	Rice Pudding	Mincemeat Tart & Cream
	Alternative Choice	Choice of Yoghurt, Ice-cream, Fruit						
	Beverages	Tea, water or squash						
Afternoon		Choice of hot and cold beverages, cake or biscuits plus a selection of prepared fresh fruit						
Light Meal	Main Choice	Chip Butties	Cheese on Toast	Salmon Salad	Omelets	Teacakes	Fish Fingers	Tuna Salad
	Alternative Choice	Soup & Sandwiches						
Sweet Item	Main Choice	Fruit Fool	Assorted Buns	Arctic Roll	Fruit Jelly	Lemon Crunch	Banana Loaf	Scones, Jam & Cream
	Alternative Choice	Choice of Cake, Fruit, Ice-cream, Yoghurt						
	Beverages	Tea or Coffee						
Supper		Selection of hot and cold beverages including milky drinks, cakes, biscuits or toast						

The Callywhite Winter Menu - Week 3

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cold option	Fruit juice, grapefruit, stewed or dried fruits, selection of cereals or porridge, toast and preserves, tea or coffee						
	Hot option	Choice of Egg, Tomatoes, Bacon, Sausage						
Mid Morning		Choice of hot and cold Beverages, cake or biscuits plus a selection of prepared fresh fruit						
Main Meal	Dish of the Day	Sausages	Meat & Potato Pie	Chicken	Quiche	Fried/Poached Fish	Chicken	Roast Turkey & Yorkshire Pudding
	Alternative Choice	Gammon	Jacket Potato	Pasty	Corned Beef Hash	Turkey & Ham Pie	Sausage Rolls	Cheese Pasty
	Potato	Creamed		Sliced & Onion	Boiled	Chips	Sauté	Roast & Mash
	Vegetables	Cauliflower Cheese	Swede, Green Beans	Broccoli, Carrots	Cabbage, Green Beans	Carrots, Peas	Mushy Peas	Carrots, Parsnips
	Sauces	Gravy			Parsley	Gravy		
	Pudding of the Day	Sponge & Lemon Sauce	Banana Custard	Trifle	Strawberry Pie & Cream	Semolina & Jam	Apple Pie & Cream	Strawberry Cheesecake
	Alternative Choice	Choice of Yoghurt, Ice-cream & Fruit						
	Beverages	Tea, water or squash						
Afternoon		Choice of hot and cold beverages, cake or biscuits plus a selection of prepared fresh fruit						
Light Meal	Main Choice	Sardines on Toast	Hamburger	Omelets	Toasted Teacakes	Crumpets	Sausage Butty	Salmon Salad
	Alternative Choice	Soup & Sandwiches						
Sweet Item	Main Choice	Fruit Conde	Fruit Fool	Assorted Tarts	Jelly & Ice-cream	Sponge Cake	Fruit Delight	Banana Custard
	Alternative Choice	Choice of Cake, Fruit, Ice-cream, Yoghurt						
	Beverages	Tea or Coffee						
Supper		Selection of hot and cold beverages including milky drinks, cakes, biscuits or toast						

The Callywhite Winter Menu - Week 4

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cold option	Fruit juice, grapefruit, stewed or dried fruits, selection of cereals or porridge, toast and preserves, tea or coffee						
	Hot option	Choice of Egg, Tomatoes, Bacon, Sausage						
Mid Morning		Choice of hot and cold Beverages, cake or biscuits plus a selection of prepared fresh fruit						
Main Meal	Dish of the Day	Cheese Pie	Liver & Onions	Beef Casserole	Pork & Apple Steaks	Fried/Poached Fish	Minced Beef Pie	Roast Chicken & Yorkshire Pudding
	Alternative Choice	Lamb Casserole	Sausages	Fishcake	Meat Pie	Egg	Gammon	Salmon
	Potato	Croquette	Creamed	Boiled	Sauté	Chips	Creamed	Roast & Mash
	Vegetables	Peas, Cauliflower	Swede, Green Beans	Broccoli, Carrots	Parsnip, Cabbage	Cauliflower, Green Beans	Mushy or Garden Peas	Carrots, Sprouts
	Sauces	Cheese	Gravy			Parsley	Gravy	
	Pudding of the Day	Rice Pudding	Jam Roly Poly & Custard	Syrup Tart & Custard	Pineapple Sponge & Cream	Stewed Pears & Chocolate Sauce	Sultana Sponge & Vanilla Sauce	Blackberry Crumble & Cream
	Alternative Choice	Choice of Yoghurt, Ice-cream, Fruit						
	Beverages	Tea, water or squash						
Afternoon		Choice of hot and cold beverages, cake or biscuits plus a selection of prepared fresh fruit						
Light Meal	Main Choice	Beans on Toast	Chip Butties	Teacakes	Macaroni Cheese	Sausage Rolls	Cheese on Toast	Pork Pie Salad
	Alternative Choice	Soup & Sandwiches						
Sweet Item	Main Choice	Fruit Flan	Jelly Delight	Banana Custard	Trifle	Cake	Chocolate Delight	Cake
	Alternative Choice	Choice of Cake, Fruit, Ice-cream, Yoghurt						
	Beverages	Tea or Coffee						
Supper		Selection of hot and cold beverages including milky drinks, cakes, biscuits or toast						