



## Wellesley House Weekly Menus – Week One

Day	Breakfast	Lunch	Supper
Monday	Selection of cereals Yoghurts Fresh fruit Scrambled egg & mushrooms	Braised steak Jardinière New potatoes, carrots & broccoli Baked stuffed peppers Strawberry cheesecake	Pan fried pork & tomatoes Selection of salads Cold meats Vegetable kebabs Iced sponge fingers
Tuesday	Selection of cereals Yoghurts Fresh fruit Continental breakfast	Stir fried chicken & vegetables Noodles Stir fried Quorn and vegetables Fresh fruit salad	Homemade beef burger & bap Selection of salads Cold meats Country cheese and vegetable bake Chocolate chip cookie
Wednesday	Selection of cereals Yoghurts Fresh fruit Grilled bacon & sautéed potatoes	Sweet and sour pork steaks Vegetable fried rice Mushroom and sweetcorn fritters Raspberry & passion fruit swirls	Cheese & tomato pasta bake Selection of salads Cold meats Cherry shortbread
Thursday	Selection of cereals Yoghurts Fresh fruit Poached egg muffin	Moussaka Sweetcorn & garlic bread Vegetable Moussaka Chocolate mousse	Southern fried chicken Selection of salads Cold meats Southern fried Quorn fillet Sultana cookies
Friday	Selection of cereals Yoghurts Fresh fruit Hash browns & boiled eggs	Fish pie Broccoli & peas Creamy vegetable pie Banana and vanilla pancakes, fudge sauce	Baked jacket potatoes, various fillings Selection of salads Cold meats Chocolate fudge cake
Saturday	Selection of cereals Yoghurts Fresh fruit Grilled sausage & plum tomatoes	Chicken gratin Sautéed potatoes & baked beans Vegetable gratin Apple & cinnamon muffin	Lamb Balti & rice Selection of salads Cold meats Vegetable Balti Flapjacks
Sunday	Selection of cereals Yoghurts Fresh fruit Grilled bacon, fried egg & beans	Roast beef, Yorkshire pudding Roast potatoes, cabbage & carrots Roasted vegetable layer Apple pie & cream	Chicken Calzone Selection of salads Cold meats Cheese & onion Calzone Ice cream