

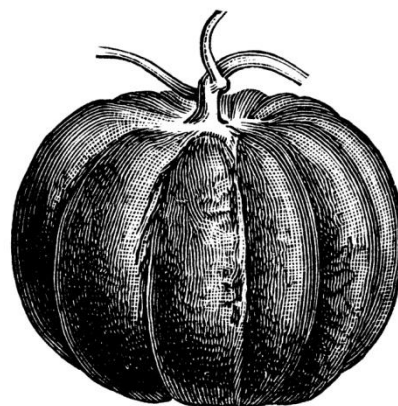
Lunch Club for Over 60's

AUTUMN MENU

WEEK 1

Fresh Soup Served Daily

Monday	Jacket Potato with cheese, beans and salad	Fresh fruit salad and custard
Tuesday	Roast chicken with roasted potatoes, stuffing and veg.	Apple crumble and cream
Wednesday	vegetable curry, rice, naan and mango chutney	Poached pears with crème fraiche
Thursday	Vegetable quiche with green beans and new boiled potatoes.	Rice pudding and jam
Friday	Fish and chips with peas.	Tinned fruit and custard.



Lunch Club for Over 60's AUTUMN MENU

WEEK 2

Fresh Soup Served Daily

Monday	Jacket potato with cheese, beans and salad.	Stewed apples and custard
Tuesday	Shepherd's Pie with green beans and carrots.	Fresh fruit salad and cream
Wednesday	Chicken and vegetable curry and rice with naan	Apple crumble and custard
Thursday	Liver and bacon casserole topped with potatoes, + carrots	Fruit pie with custard
Friday	Salmon with boiled new potatoes and salad.	Fresh fruit salad with cream.



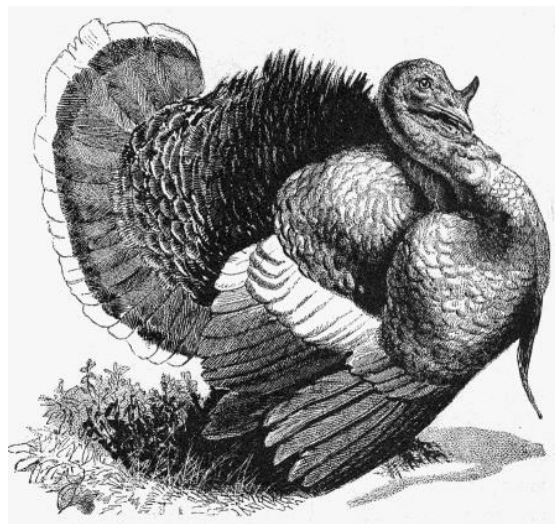
Lunch Club for Over 60's

AUTUMN MENU

WEEK 3

Fresh Soup Served Daily

Monday	Jacket Potato with a cheese, beans and salad.	Stewed apples and custard
Tuesday	Roast Chicken with roast potatoes, stuffing peas, carrots and cabbage	Pineapple and cream
Wednesday	Beef casserole topped with potatoes and veg	Fresh fruit salad and cream.
Thursday	Cheese and onion quiche with boiled new potatoes and coleslaw.	Apple crumble and custard.
Friday	Fish and chips and peas	Rice pudding and jam



Lunch Club for Over 60's

AUTUMN MENU

WEEK 4

Fresh Soup Served Daily

Monday	Jacket potato with cheese/beans/salad	Banana and custard.
Tuesday	Sausages and mashed potatoes, peas, fried onion and gravy	Stewed apples and crème fraiche.
Wednesday	Chicken and vegetable curry, rice and naan	Fruit salad and custard
Thursday	Vegetable quiche with boiled new potatoes and salad.	Tinned peaches and cream
Friday	Gammon and pineapple ,chips and peas	Rice pudding and jam

