

## Week One Rydal Penrhos

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main course one	Mild Beef Chilli	Tasty Turkey & Ham Pie	Chicken & Vegetable Stew	Crispy Chicken Thigh	Beef Burgers
Main course two	BBQ Jack Fruit Bun	Cheese & Tomato Tart	Vegetable Curry	Sweet Potato, Tomato, Spinach & Cheese Bake	Vegetable Burger
On the side	Fluffy Rice, Sweetcorn, Red Cabbage	Mash Potato, Parsnips, Green Beans	New Potatoes, Carrots & Peas	Fruity couscous, Roasted Peppers & White Cabbage	Burger Bun, Chips, Baked Beans & Coleslaw
Jacket and Pasta	Pasta with Tomato Sauce	Jacket Potato, Baked Beans, Tuna Mayo & Cheese	Pasta with Roasted Pepper Sauce	Jacket Potato, Baked Beans, Tuna Mayo & Cheese	Pasta with Tomato Sauce
Dessert 1	Pineapple Upside Down Cake, Custard	Rocky Road Bars	Apple & Pear Crumble, Cream	Creamy Rice Pudding, & Jam	Orange Muffins
Dessert 2	Blackberry Cheesecake Melon Pot	Pineapple Pot Yoghurt Pot	Layered Jelly Watermelon Pot	Lemon Meringue Pot Yoghurt Pot	Melon Pot

Breads, Salad of the day & Fresh Fruit will be available every day.

## Week Two Rydal Penrhos

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main course one	Mild Chicken Curry	Pork Meatballs in a Tomato Sauce	Beef & Vegetable Stew	Chicken Chow Mein	Sausage, Hash Brown & Scrambled Egg
Main course two	Vegetable & Potato Curry	Spaghetti in Creamy Mushroom Sauce	Lemon & Mint Falafel Pitta Bread with Salad	Vegetable Ribbon Pad Thai	Vegetarian Brunch Burrito
On the side	Fluffy Rice, Naan Bread, Peas & Cauliflower	Garlic Bread, Green Beans & Sweetcorn	Mash Potato, Red Cabbage, Carrots	Sesame Savoy Cabbage, Peas & Cauliflower	Baked Beans, Mushrooms
Jacket and Pasta	Pasta with Tomato Sauce	Jacket Potato, Baked Beans, Tuna Mayo & Cheese	Pasta with Roasted Pepper Sauce	Jacket Potato, Baked Beans, Tuna Mayo & Cheese	Pasta with Tomato Sauce
Dessert 1	White Chocolate & Raspberry Flapjack	Sticky Toffee Pudding with Toffee Sauce	Cheese & Biscuits	Cream Chocolate Bun	Pancakes, Maple Syrup
Dessert 2	Layered Jelly Honeydew Melon Pots	Pineapple Pot Strawberry Yoghurt	Sticky Toffee Pot Watermelon Pot	Blackberry & Cream Crumble Pot Blackberry Yoghurt	Melon Pot

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## Week Three Rydal Penrhos

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main course one	Sticky BBQ Chicken	Beef Lasagne	Jumbo Sausage	Macaroni Cheese	Fish Goujons
Main course two	Spicy Quorn Fillet	Gnocchi with Peppers, Tomatoes & Basil	Vegetable Hot Pot	Stuffed Sweet Potato	Battered Quorn Fillet
On the side	Potato Wedges, Sweetcorn & Broccoli	Cauliflower, Carrots & Roasted Parsnips	Gravy, Creamy Mash Potato, Peas & Savoy Cabbage	Garlic Bread, Green Beans, & Carrots	Chips, Sweetcorn, Baked Beans & Peas
Jacket and Pasta	Pasta with Tomato Sauce	Jacket Potato, Baked Beans, Tuna Mayo & Cheese	Pasta with Roasted Pepper Sauce	Jacket Potato, Baked Beans, Tuna Mayo & Cheese	Pasta with Cheese Sauce
Dessert 1	Coconut & Jam Sponge, Vanilla Custard	Chocolate Brownies & Cream	Blueberry Muffin	Apple & Blackberry Pie & Custard	Glazed Waffle & Toffee Sauce
Dessert 2	Layered Jelly Melon Pot	Pineapple Pot Yoghurt Pot	Chocolate Brownie Sundae Watermelon Pot	Vanilla Cheesecake Yoghurt Pot	Melon Pot

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