

Caterplus Assisted Living - Winter 2021 LUNCH MENU WEEK 1-

| MONDAY- | TUESDAY- | WEDNESDAY- | THURSDAY- | FRIDAY- | SATURDAY- | SUNDAY- |
|--|--|---|--|--|--|--|
| Scotch Broth | Tomato & Basil Soup | Roasted Carrot Soup | Chunky Leek & Potato Soup | Cream of Country Vegetable Soup | Pumpkin Soup | Minestrone Soup |
| Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices |
| Chicken and Leek Pie Chicken & leek in a creamy sauce encased in shortcrust base with Puff pastry topping | Moroccan Lamb Stew Tender pieces of braised lamb in a fragrant Moroccan spiced sauce | Honey Roasted Gammon with Mustard Gravy, Succulent gammon ham roasted with honey and brown sugar with mustard gravy | Meat & Potato Pie Select cuts of beef in a rich gravy with a crumbly shortcrust pastry | Fish Friday Deep Fried/Poached/Steamed Tender fish cooked in any of above formats | Saturday Brunch A full and indulgent plate of bacon, sausage, egg, hash brown and baked beans. | Roast Turkey with Sage & Onion Stuffing & Gravy, Tender slices of turkey breast with a classic stuffing, cranberry sauce and gravy |
| Bean & Vegetable Chilli A spicy Mexican classic with a combination of beans in a full flavoured tomato sauce (V) | Chinese Vegetable Stir-fry Quorn pieces with soy, ginger & crisp vegetables (V) | Vegetarian Sausage & Mash with Onion Gravy Tender meatless sausages with carrots and onions in a rich gravy (V) | Squash, Lentil & Pumpkin Stew Lightly spiced autumn vegetables simmered with tomatoes and seasonings (V) | Leek, Spinach & Potato Cakes with a Fried Egg Fluffy potatoes and tender leeks in a crunchy crust with a zingy tomato finish (V) | Saturday Brunch A full and indulgent plate of Vegetarian sausage, egg, hash brown and baked beans. | Tomato Basil & Pasta Bake, Made with roasted fresh tomatoes and basil and finished with a little cheese (V) |
| Mashed Potatoes Steamed Rice | Mashed Potatoes Roasted New Potatoes | Mashed Potatoes Roast Potatoes | Mashed Potatoes Boiled Potatoes | Mashed Potatoes Chipped Potatoes | Mashed Potatoes Bread & Butter | Mashed Potatoes Roasted Potatoes |
| Green Beans Cauliflower | Roasted Butternut Squash Steamed Broccoli | Roasted Carrots Buttered Leeks | Steamed Broccoli Crushed Swede | Mushy Peas Grilled Tomatoes | Mushrooms Tomato Grilled | Garden Peas Steamed Cabbage |
| Crispy Pear Strudel with Cream | Profiteroles with Toffee Sauce | Peaches & Cream | Sticky Toffee Pudding & Custard | Apricot Fool | Fruit Pavlova | Syrup Sponge with custard |

Caterplus Assisted Living - Winter 2021 LUNCH MENU WEEK 2-

| MONDAY- | TUESDAY- | WEDNESDAY- | THURSDAY- | FRIDAY- | SATURDAY- | SUNDAY- |
|---|--|--|---|---|--|--|
| Vegetable Soup | Yellow Split Pea & Herb Soup | Cream of Parsnip Soup | Butterbean & Bacon Soup | Cream of Broccoli Soup | Butternut Squash & Chickpea Soup | Irish Potato Soup |
| Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices |
| Gammon & Creamy leek sauce Steamed Gammon slices served with creamy leek & Parsley sauce | Toad in the Hole & Onion Gravy Sausages baked and served in a crisp batter with a rich onion gravy | Roasted Chicken with Sage & Onion Stuffing & Gravy, A classic Oven roasted leg of chicken with gravy | Classic Beef Lasagne, Slow cooked minced beef in a tomato sauce - layered with pasta & topped with cheese. | Fish Friday, Deep Fried/Poached/Steamed Tender fish cooked in any of above formats | Saturday Brunch A full and indulgent plate of bacon, sausage, egg, hash brown and baked beans. | Traditional Sunday Roast Lamb with Yorkshires & Gravy, Slow roasted shoulder of lamb, with a rich gravy & mint sauce |
| Cheese & Potato Hot Pot, Slow cooked root vegetables in a rich tomato sauce topped with crisp cheesy potatoes (V) | Quorn & Vegetable Cottage Pie, Quorn simmered in a rich vegetable gravy, topped with mash potato, baked until golden (V) | Aubergine & Courgette Tikka Masala, Slow cooked aubergine & courgettes in tomato & coriander sauce (V) | Cheese, potato, onion & courgette Fritata Pan fried grated potato, onion & courgettes in tomato & coriander sauce (V) | Vegetable Lasagne, Mediterranean vegetables in an Italian Tomato sauce (V) | Saturday Brunch A full and indulgent plate of Vegetarian sausage, egg, hash brown and baked beans. | Macaroni Cheese, Oven baked rich and creamy pasta bake with a golden finish (V) |
| Mashed Potatoes Crouquette Potatoes | Mashed Potatoes, New Potatoes | Mashed Potatoes Roast Potatoes | Mashed Potatoes, Handcut Baked Potato Wedges | Mashed Potatoes Chipped Potatoes | Mashed Potatoes Bread & Butter | Mashed Potatoes, Roasted Potatoes, |
| Fine Green Beans Carrot and Swede puree | Creamed Leeks with Mustard Garden Peas | Roasted Parsnip Greens, Wilted | Steamed Carrots Broccoli Florets | Mushy Peas Herby Grilled Tomatoes | Mushrooms Tomato Grilled | Green Cabbage Steamed Carrots |
| Bread & Butter pudding | Apple Sponge & Custard | Spiced Banana & Date Sponge with Custard | Peaches & Cream | Poached Pears & Custard | Fruit Trifle | Lemon Curd Tart |

Caterplus Assisted Living - Winter 2021 LUNCH MENU WEEK 3-

| MONDAY- | TUESDAY- | WEDNESDAY- | THURSDAY- | FRIDAY- | SATURDAY- | SUNDAY- |
|--|---|--|---|---|--|--|
| Cream of Leek & Potato Soup | Broccoli & Stilton Soup | Carrot Soup | White Onion Soup | Tomato & Basil Soup | Roasted Butternut Squash and Red Pepper Soup | Cream Of Vegetable Soup |
| Home Made Crusty Bread Rolls | Home Made Crusty Bread Rolls | Home Made Crusty Bread Rolls | Home Made Crusty Bread Rolls | Home Made Crusty Bread Rolls | Home Made Crusty Bread Rolls | Home Made Crusty Bread Rolls |
| Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices |
| Braised Chicken Thighs with Vegetables & Pearl Barley, Tender pieces of slow cooked Chicken with carrots, onions & pearl barley in dark gravy. | Beef Stew & Herb dumpling Diced beef with winter vegetables in a Rich Stew sauce served with hearty Steamed Herb dumpling | Boiled Beef Brisket with Yorkshire Pudding & Gravy, Traditional boiled beef with gravy and Yorkshire Pud | Italian Beef Meatballs, with Bolognese Sauce | Fish Friday, Deep Fried/Poached/Steamed Tender fish cooked in any of above formats | Saturday Brunch A full and indulgent plate of bacon, sausage, egg, hash brown and baked beans. | Traditional Roast Pork Steak with Gravy, The British classic with sage & onion stuffing |
| Vegetable Tomato & Lentil Bake, A hearty vegetable and lentil bake packed with sweet onions, carrots and cauliflower (V) | Roasted Vegetable & Pesto Pasta, roasted courgettes, peppers, onions & tomatoes with basil pesto (V) | Homemade Cheese & Onion Pasty, Cheddar cheese, potatoes and mustard wrapped in a light flaky puff pastry (V) | Stuffed Peppers with Savoury Rice, Baked sweet pepper with a with a melted cheesy top (V) | Mixed Bean Cassoulet, Flageolet, borlotti, kidney and cannellini beans in a rich tomato sauce (V) | Saturday Brunch A full and indulgent plate of Vegetarian sausage, egg, hash brown and baked beans. | Mushroom & Spinach Lasagne, succulent mushrooms & spinach leaves layered with pasta & topped with cheese (V) |
| Mashed Potatoes Buttered Potatoes | Mashed Potatoes New Potatoes | Mashed Potatoes Potato Wedges | Mashed Potatoes Penne Pasta | Mashed Potatoes Chipped Potatoes | Mashed Potatoes Bread & Butter | Mashed Potatoes Roasted Potatoes |
| Steamed Broccoli Roasted Carrots | Steamed Cauliflower Green Beans | Buttered Cabbage Steamed Carrots | Steamed Broccoli Cauliflower Florets | Mushy Peas Herby Grilled Tomatoes | Mushrooms Tomato Grilled | Steamed Broccoli Mashed Swede |
| Apricot Crumble with Custard | Baked Rice Pudding & Warm Jam Sauce | Toffee Apple Crumble & Custard | Chocolate Fudge Pudding & Ice Cream | Stewed Rhubarb & Custard | Bananas & Custard | Chocolate Trifle |

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| MONDAY- | TUESDAY- | WEDNESDAY- | THURSDAY- | FRIDAY- | SATURDAY- | SUNDAY- |
|--|--|--|---|---|--|---|
| Autumn Vegetable Soup | Cream of Carrot Soup | Cream of Mushroom Soup | Creamy Pea Soup | Tomato & Basil Soup | Leek & Chive Soup | Creamy White Onion & Herb Soup |
| Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices | Selection of Chilled Fruit Juices |
| Cottage Pie, An oven baked classic tender pieces of mince beef in a rich gravy and a colcannon topping | Chicken & Mushroom Stroganoff, A creamy sauce with chicken, white wine and fresh herbs | Roasted Pork Loin with Gravy, Sage & Onion Stuffing roasted British pork with a rich gravy | Faggots & Onion Gravy, faggots, braised in a rich sweet onion gravy | Fish Friday, Deep Fried/Poached/Steamed Tender fish cooked in any of above formats | Saturday Brunch A full and indulgent plate of bacon, sausage, egg, hash brown and baked beans. | Roast Chicken With Sage & Onion Stuffing, Crisp roast chicken, traditional stuffing and a chicken gravy |
| Mushroom Carbonara with Penne Pasta Mushrooms in a rich cream sauce with parmesan, served with penne pasta | Baked Ratatouille & Spinach Stuffed Pancakes, fresh pancakes filled with mediterranean style vegetables and spinach leaves (V) | Feta, Pea & Mint Frittata Minted peas, feta & seasoned egg frittata (V) | Quorn Vegetable Sausages & Yorkshire Pudding Quorn Sausage cooked with Fried Onions served in Yorkshire Pudding with gravy(V) | Roasted Vegetable & Sweet Potato Bake, A hearty vegetable and sweet potato bake packed with sweet onions, carrots and cauliflower (V) | Saturday Brunch A full and indulgent plate of Vegetarian sausage, egg, hash brown and baked beans. | Mixed Bean Cassoulet, Flageolet, borlotti, kidney and cannellini beans in a rich tomato sauce (V) |
| Mashed Potatoes Buttered New Potatoes | Mashed Potatoes Croquette Potatoes | Mashed Potatoes Potatoes Roast | Mashed Potatoes Crushed New Potatoes with Parsley | Mashed Potatoes Chipped Potatoes | Mashed Potatoes Bread & Butter | Mashed Potatoes Roast Potatoes |
| Buttered Savoy Cabbage Steamed Cauliflower | Steamed Carrots Roasted Courgettes | Steamed Peas Diced Swede | Cauliflower Steamed Broccoli | Mushy Peas Herby Grilled Tomatoes | Mushrooms Tomato Grilled | Steamed Sprouts Crushed Swede |
| Banana Sponge & Custard | Gooseberry Crumble & Custard | Peach Melba | Rice Pudding with Warm Jam | Apple Pie with Ice Cream | Jam & Coconut Sponge with Custard | Chocolate Fudge Brownie |