

**PILTON HOUSE TRUST**  
**4-week menu plan**

<b>WEEK 3</b>	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast 8AM – 10.30AM	<p align="center">Fruit Juices , Grapefruit, Melon, Porridge or Cereals Full English Breakfast Eggs (boiled, poached, fried or scrambled), Fried Egg Sandwich, Bacon Sandwich Toast Tea or Coffee</p>						
Mid Morning	<p align="center">TEA OR COFFEE WITH BISCUITS – COLD DRINKS ALSO AVAILABLE</p>						
Lunch	<p>Roast Beef (or Nut Roast), Yorkshire Pudding, Roast Potatoes, Selection of Vegetables, Gravy</p> <p>Fruit Pie/Crumble Cream/Custard</p>	<p>Cold Beef with Pickles, Salad, Jacket Potato</p> <p>Quiche (vegetable)</p> <p>Rice Pudding with Jam Sauce</p>	<p>Chicken Casserole with dumplings, Boiled potatoes, Vegetables (x2)</p> <p>Vegetable Casserole</p> <p>Fruit Gateaux</p>	<p>Cottage Pie Vegetables (x3)</p> <p>Quorn Mince Cottage Pie</p> <p>Stewed Fruit and Custard</p>	<p>Bacon &amp; Mushroom Pasta Bake, Broccoli, Sweetcorn</p> <p>Lentil Bake</p> <p>Jam Sponge with Custard</p>	<p>Battered Fish with chips, Mushy Peas and Tomatoes</p> <p>Ham, Egg &amp; Chips</p> <p>Raspberry Trifle</p>	<p>Liver &amp; Onion Casserole, Cabbage, Carrots and Mashed Potato</p> <p>Macaroni Cheese</p> <p>Fruit Meringues &amp; Cream</p>
Mid Afternoon	<p align="center">TEA OR COFFEE WITH HOME MADE BISCUITS, SMALL BUNS OR FLAPJACKS – COLD DRINKS ALSO AVAILABLE – FRUIT BOXES</p>						
High Tea	<p>Soup of the Day</p> <p>Sandwiches – Ham, Cheese &amp; Pickle, Fish paste with cucumber</p> <p>Quiche, salad, dips &amp; crudites</p> <p>Homemade Cake</p> <p>Yoghurts</p>	<p>Soup of the Day</p> <p>Sandwiches – Luncheon meat, Egg mayo, Salmon (tinned)</p> <p>Sausage rolls, dips &amp; crudités, salad</p> <p>Cake, Yoghurts</p>	<p>Soup of the Day</p> <p>Sandwiches – Beef, Cheese &amp; tomato, Tuna mayo</p> <p>Spring rolls, salad, dips &amp; crudités</p> <p>Cake, yoghurts</p>	<p>Soup of the Day</p> <p>Fish Paste, houmous or coronation chicken s/wiches</p> <p>Pizza slices, salad, dips &amp; crudités</p> <p>Cake, yoghurts</p>	<p>Soup of the Day</p> <p>Turkey or Cucumber s/wich, sardines on toast</p> <p>Scotch Eggs, salad, dips &amp; crudités</p> <p>Cake, yoghurts</p>	<p>Soup of the Day</p> <p>Corned beef, soft cheese or tuna s/wich</p> <p>Pork pie, salad, dips &amp; crudités</p> <p>Cake,yoghurts</p>	<p>Soup of the Day</p> <p>Chicken, smoked salmon or egg &amp; cress s/wich</p> <p>Vol au vents, salad, dips &amp; crudités</p> <p>Cake, yoghurts</p>
Supper	<p align="center">TEA, COFFEE, HORLICKS, HOT CHOCOLATE OR COLD DRINKS - BISCUITS</p>						

**PILTON HOUSE TRUST**  
4-week menu plan

<b>WEEK 4</b>	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast 8AM – 10.30AM	<b>Fruit Juices , Porridge or Cereals</b> <b>Full English Breakfast</b> <b>Eggs (boiled, poached, fried or scrambled), Fried Egg Sandwich, Bacon Sandwich</b> <b>Toast</b> <b>Tea or Coffee</b>						
Mid Morning	<b>TEA OR COFFEE WITH BISCUITS – COLD DRINKS ALSO AVAILABLE</b>						
Lunch	<b>Roast Chicken (or Nut Roast), Sage &amp; Onion stuffing, Roast Potatoes, Vegetables, Gravy</b>  <b>Fruit Pie/Crumble Cream/Custard</b>	<b>Cold Chicken with Pickles, Salad, Saute Potato</b>  <b>Vegetable Quiche</b>  <b>Semolina with Fruit Puree</b>	<b>Sausage &amp; Onion Casserole, potato croquettes, 2 vegetables</b>  <b>Vegetarian Sausages</b>  <b>Cheesecake</b>	<b>Roast Belly Pork, roast potatoes, apple sauce, 2 x veg</b>  <b>Quorn Pie</b>  <b>Bakewell tart and custard</b>	<b>Beef Cobbler, Boiled Potatoes, 2 x veg.</b>  <b>Cauliflower Cheese</b>  <b>Chocolate Profiteroles</b>	<b>Fish in Parsley Sauce, Mashed potato, Peas &amp; Carrots</b>  <b>Cheese &amp; Vegetable Bake</b>  <b>Fruit Jelly with Cream</b>	<b>Steak &amp; Kidney Pie, Boiled Potatoes, 2 x veg</b>  <b>Egg Florentine Pie</b>  <b>Fresh fruit salad with clotted cream</b>
Mid Afternoon	<b>TEA OR COFFEE WITH HOME MADE BISCUITS, SMALL BUNS OR FLAPJACKS – COLD DRINKS ALSO AVAILABLE – FRUIT BOXES</b>						
High Tea	<b>Soup of the Day</b>  <b>Sandwiches – Ham, Cheese &amp; Pickle, Fish paste with cucumber</b>  <b>Quiche, salad, dips &amp; crudites</b>  <b>Homemade Cake</b>  <b>Yoghurts</b>	<b>Soup of the Day</b>  <b>Sandwiches – Luncheon meat, Egg mayo, Salmon (tinned)</b>  <b>Sausage rolls, dips &amp; crudités, salad</b>  <b>Cake, Yoghurts</b>	<b>Soup of the Day</b>  <b>Sandwiches – Chicken, Cheese &amp; tomato, Tuna mayo</b>  <b>Spring rolls, salad, dips &amp; crudités</b>  <b>Cake, yoghurts</b>	<b>Soup of the Day</b>  <b>Fish Paste, houmous or coronation chicken s/wiches</b>  <b>Pizza slices, salad, dips &amp; crudités</b>  <b>Cake, yoghurts</b>	<b>Soup of the Day</b>  <b>Turkey or Cucumber s/wich, sardines on toast</b>  <b>Scotch Eggs, salad, dips &amp; crudités</b>  <b>Cake, yoghurts</b>	<b>Soup of the Day</b>  <b>Corned beef, soft cheese or tuna s/wich</b>  <b>Pork pie, salad, dips &amp; crudités</b>  <b>Cake,yoghurts</b>	<b>Soup of the Day</b>  <b>Beef, smoked salmon or egg &amp; cress s/wich</b>  <b>Vol au vents, salad, dips &amp; crudités</b>  <b>Cake, yoghurts</b>
Supper	<b>TEA, COFFEE, HORLICKS, HOT CHOCOLATE OR COLD DRINKS - BISCUITS</b>						

**PILTON HOUSE TRUST**  
4-week menu plan

<b>WEEK 1</b>	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast 8AM – 10.30AM	<b>Fruit Juices , Porridge or Cereals</b> <b>Full English Breakfast</b> <b>Eggs (boiled, poached, fried or scrambled), Fried Egg Sandwich, Bacon Sandwich</b> <b>Toast</b> <b>Tea or Coffee</b>						
Mid Morning	<b>TEA OR COFFEE WITH BISCUITS – COLD DRINKS ALSO AVAILABLE</b>						
Lunch	<b>Roast Pork (or Nut Roast),</b> <b>Apple Sauce,</b> <b>Roast Potatoes,</b> <b>Selection of Vegetables,</b> <b>Gravy</b> <b>Fruit Pie/Crumble</b> <b>Cream/Custard</b>	<b>Cold Pork with Pickles, Salad,</b> <b>Mashed Potato</b>  <b>Vegetable Quiche</b>  <b>Sultana Rice Pudding</b>	<b>Savoury mince with a cheese crumble, boiled potatoes, 2 x veg</b>  <b>Stilton &amp; Vegetable Crumble</b>  <b>Chocolate Gateaux</b>	<b>Roast Chicken, roast potatoes, stuffing, 2 x veg</b>  <b>Vegetable Kiev</b>  <b>Stewed prunes and custard</b>	<b>Faggots in Gravy, mashed potato, 2 x vegetables</b>  <b>Vegetable Curry</b>  <b>Lemon sponge with custard</b>	<b>Breaded Fish with chips, peas and tomatoes</b>  <b>Ham, Egg &amp; Chips</b>  <b>Bread &amp; Butter pudding</b>	<b>Bangers, beans and mash with Mushrooms</b>  <b>Vegetarian Sausages</b>  <b>Fruit sponge flan with cream</b>
Mid Afternoon	<b>TEA OR COFFEE WITH HOME MADE BISCUITS, SMALL BUNS OR FLAPJACKS – COLD DRINKS ALSO AVAILABLE – FRUIT BOXES</b>						
High Tea	<b>Soup of the Day</b> <b>Coronation Chicken, Cheese &amp; Pickle, Fish paste with cucumber s/wich</b>  <b>Quiche, salad, dips &amp; crudites</b> <b>Cake, Yoghurts</b>	<b>Soup of the Day</b> <b>Sandwiches – Beef, Egg mayo, Salmon (tinned)</b> <b>Sausage rolls, dips &amp; crudités, salad</b> <b>Cake, Yoghurts</b>	<b>Soup of the Day</b> <b>Sandwiches – Luncheon meat, Cheese &amp; tomato, Tuna mayo</b> <b>Spring rolls, salad, dips &amp; crudités</b> <b>Cake, yoghurts</b>	<b>Soup of the Day</b> <b>Fish Paste, houmous or ham s/wiches</b>  <b>Pizza slices, salad, dips &amp; crudités</b> <b>Cake, yoghurts</b>	<b>Soup of the Day</b> <b>Turkey or Cucumber s/wich, sardines on toast</b>  <b>Scotch Eggs, salad, dips &amp; crudités</b> <b>Cake, yoghurts</b>	<b>Soup of the Day</b> <b>Corned beef, soft cheese or tuna s/wich</b>  <b>Pork pie, salad, dips &amp; crudités</b>  <b>Cake,yoghurts</b>	<b>Soup of the Day</b> <b>Chicken, smoked salmon or egg &amp; cress s/wich</b>  <b>Vol au vents, salad, dips &amp; crudités</b>  <b>Cake, yoghurts</b>
Supper	<b>TEA, COFFEE, HORLICKS, HOT CHOCOLATE OR COLD DRINKS – BISCUITS</b>						

**PILTON HOUSE TRUST**  
4-week menu plan

<b>WEEK 2</b>	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast 8AM – 10.30AM	<p align="center">Fruit Juices , Porridge or Cereals Full English Breakfast Eggs (boiled, poached, fried or scrambled), Fried Egg Sandwich, Bacon Sandwich Toast Tea or Coffee</p>						
Mid Morning	<p align="center">TEA OR COFFEE WITH BISCUITS – COLD DRINKS ALSO AVAILABLE</p>						
Lunch	<p>Roast Gammon (or Nut Roast), Cumberland sauce, Roast Potatoes, Selection of Vegetables, Gravy  Fruit Pie/Crumble Cream/Custard</p>	<p>Cold Gammon with Pickles, Salad, Chips  Vegetable Quiche  Tapioca</p>	<p>Shepherds Pie with 3 vegetables  Lentil Shepherds Pie  Fruit Pavlova</p>	<p>Toad in the Hole, Cabbage, Carrots and Potato Croquettes  Vegetarian Toad  Jam Tart and Custard</p>	<p>Braised steak &amp; onion casserole, boiled potatoes, 2 vegetables  Mushroom Stroganof  Spotted Dick &amp; custard</p>	<p>Fish Pie, Tomatoes, Peas and Mediterranean vegetables  Cauliflower Cheese  Lemon syllabub with shortbread</p>	<p>Pork Casserole, Mashed potato, 2 vegetables  Lentil Bolognese  Stewed Apple with custard</p>
Mid Afternoon	<p align="center">TEA OR COFFEE WITH HOME MADE BISCUITS, SMALL BUNS OR FLAPJACKS – COLD DRINKS ALSO AVAILABLE – FRUIT BOXES</p>						
High Tea	<p>Soup of the Day  Turkey, Cheese &amp; Pickle, Fish paste with cucumber s/wich  Quiche, salad, dips &amp; crudites  Cake, Yoghurts</p>	<p>Soup of the Day  Sandwiches – Beef, Egg mayo, Salmon (tinned)  Sausage rolls, dips &amp; crudités, salad  Cake, Yoghurts</p>	<p>Soup of the Day  Sandwiches – Ham, Cheese &amp; tomato, Tuna mayo  Spring rolls, salad, dips &amp; crudités  Cake, yoghurts</p>	<p>Soup of the Day  Fish Paste, houmous or coronation chicken s/wiches  Pizza slices, salad, dips &amp; crudités  Cake, yoghurts</p>	<p>Soup of the Day  Luncheon meat or Cucumber s/wich, sardines on toast  Scotch Eggs, salad, dips &amp; crudités  Cake, yoghurts</p>	<p>Soup of the Day  Corned beef, soft cheese or tuna s/wich  Pork pie, salad, dips &amp; crudités  Cake,yoghurts</p>	<p>Soup of the Day  Chicken, smoked salmon or egg &amp; cress s/wich  Vol au vents, salad, dips &amp; crudités  Cake, yoghurts</p>
Supper	<p align="center">TEA, COFFEE, HORLICKS, HOT CHOCOLATE OR COLD DRINKS – BISCUITS</p>						

SAMPLE