



The Swanage Centre - Example Menu

Week Starting Saturday



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST CEREALS / COLD MILK TOAST CROISSANTS CHEESE SLICES COLD MEATS BUTTER / MARGARINE CHOICE OF JAMS / HONEY PORRIDGE COCKTAIL SAUSAGES BOILED EGGS BAKED BEANS CHOICE OF YOGHURTS CHOICE OF 3 TINNED FRUITS CHOICE OF DRIED FRUIT CHOICE OF HOT DRINKS ORANGE JUICE	BREAKFAST / BRUNCH CEREALS / COLD MILK TOAST / HASH BROWNS CHEESE SLICES COLD MEATS BUTTER / MARGARINE CHOICE OF JAMS / HONEY BACON BAKED BEANS SCRAMBLED EGGS PLUM TOMATOES FRIED MUSHROOMS CHOICE OF YOGHURTS CHOICE OF 3 TINNED FRUITS CHOICE OF DRIED FRUIT CHOICE OF HOT DRINKS ORANGE JUICE	BREAKFAST CEREALS / COLD MILK TOAST CHEESE SLICES COLD MEATS BUTTER / MARGARINE CHOICE OF JAMS / HONEY PORRIDGE COCKTAIL SAUSAGES TURKEY MEATBALLS FRIED EGGS BOILED EGGS BAKED BEANS CHOICE OF YOGHURTS CHOICE OF 3 TINNED FRUITS CHOICE OF DRIED FRUIT CHOICE OF HOT DRINKS ORANGE JUICE	BREAKFAST CEREALS / COLD MILK TOAST CHEESE SLICES COLD MEATS BUTTER / MARGARINE CHOICE OF JAMS / HONEY PORRIDGE TURKEY MEATBALLS FRIED EGGS TOMATOES CHOICE OF YOGHURTS CHOICE OF 3 TINNED FRUITS CHOICE OF DRIED FRUIT CHOICE OF HOT DRINKS ORANGE JUICE	BREAKFAST CEREALS / COLD MILK TOAST CHEESE SLICES COLD MEATS BUTTER / MARGARINE CHOICE OF JAMS / HONEY PORRIDGE COCKTAIL SAUSAGES SCRAMBLED EGGS MUSHROOMS CHOICE OF YOGHURTS CHOICE OF 3 TINNED FRUITS CHOICE OF DRIED FRUIT CHOICE OF HOT DRINKS ORANGE JUICE	BREAKFAST CEREALS / COLD MILK TOAST CROISSANTS CHEESE SLICES COLD MEATS BUTTER / MARGARINE CHOICE OF JAMS / HONEY PORRIDGE TURKEY MEATBALLS FRIED EGGS BAKED BEANS CHOICE OF YOGHURTS CHOICE OF 3 TINNED FRUITS CHOICE OF DRIED FRUIT CHOICE OF HOT DRINKS ORANGE JUICE	BREAKFAST CEREALS / COLD MILK TOAST CROISSANTS CHEESE SLICES COLD MEATS BUTTER / MARGARINE CHOICE OF JAMS / HONEY PORRIDGE COCKTAIL SAUSAGES SCRAMBLED EGGS TOMATOES CHOICE OF YOGHURTS CHOICE OF 3 TINNED FRUITS CHOICE OF DRIED FRUIT CHOICE OF HOT DRINKS ORANGE JUICE
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
		ASSORTED SALADS BREAD PASTA BARS CHICKEN WITH LEEK TUSCAN BEANS VARIETY BAR WILD BOAR AND APPLE SAUSAGES VEGETARIAN VEGETARIAN SAUSAGES VEGAN ROASTED VEGETABLE BAKE SIDES MASHED POTATO ROASTED VEGETABLES / ONION GRAVY DESSERT FRESH FRUIT OF THE DAY	ASSORTED SALADS BREAD PASTA BARS PEPPERONI AND TOMATO BLUE CHEESE AND SWEETCORN VARIETY BAR CHICKEN FAJITA WRAPS VEGETARIAN VEGETABLE FAJITA WRAPS VEGAN VEGETABLE PROVENCAL SIDES TORTILLA CHIPS VARIOUS DIPS DESSERT FRESH FRUIT OF THE DAY	ASSORTED SALADS BREAD PASTA BARS TUNA NAPOLI WATERCRESS AND FENNEL VARIETY BAR PULLED PORK BAPS VEGETARIAN QUORN BURGERS VEGAN TOMATO & BASIL SIDES APPLE SAUCE DESSERT FRESH FRUIT OF THE DAY	ASSORTED SALADS BREAD PASTA BARS HAM A LA FRANCAISE BBQ VEGETABLE VARIETY BAR CHICKEN TIKKA VEGETARIAN SWEET AND SOUR VEGETABLES VEGAN SPICY BEAN BURGER SIDES BASMATI RICE MANGO CHUTNEY DESSERT FRESH FRUIT OF THE DAY	ASSORTED SALADS BREAD PASTA BARS CHICKEN IN WHITE WINE SAUCE ROASTED COURGETTES PROVENCAL VARIETY BAR BATTERED HADDOCK VEGETARIAN VEGETARIAN COUNTRY BAKES VEGAN TOMATO & ROASTED PEPPER SIDES NEW POTATOES GARDEN PEAS AND TARTARE SAUCE DESSERT FRESH FRUIT OF THE DAY
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
ASSORTED SALADS BREAD MEAT CHINESE DUCK LEGS PORK AND CHORIZO BURGERS BEEF BOURGUIGNON CHICKEN VERONIQUE VEGETARIAN SPINACH & RICOTTA CANNELLONI VEGAN STUFFED POTATOES FISH PANGASIU SIDES STEAMED NEW POTATOES PASTA WITH PARSLEY SWEETCORN RICE ROASTED PEPPERS GREEN BEANS DESSERT VIENNESE WHIRL / JELLY CRÈME CARAMEL / PEACHES	ASSORTED SALADS BREAD MEAT ROAST LEG OF LAMB LEMON CHICKEN FILLETS CREAM OF PORK BEEF BIAGO VEGETARIAN GARLIC MUSHROOMS VEGAN PORTABELLA MUSHROOMS FISH TUNA STEAKS SIDES ROAST POTATOES PASTA BUTTERED RICE CREAMED SWEDE SAVOY CABBAGE DESSERT APPLE PIE / CHELSEA BUNS CHEESECAKE / ORANGE	ASSORTED SALADS BREAD MEAT PORK CHOPS AND SAGE CRUMBS CHICKEN FILLETS IN WHITE WINE BEEF YAKITORI TURKEY KORMA VEGETARIAN ROASTED COURGETTES AND FETA VEGAN BAKED SPICE CARROT FISH HADDOCK SIDES GYPSY POTATOES RED PESTO PASTA SAFFRON RICE BROAD BEANS SLICED CARROTS DESSERT MERINGUES / CRÈME BRULEE MOUSSE / GRAPES	ASSORTED SALADS BREAD MEAT BEEF LASAGNE DUCK MONTMORENCY MEXICAN TURKEY LAMB PORK AND CAPERS VEGETARIAN STUFFED BEEF TOMATOES VEGAN STIR-FRY FISH POLLOCK SIDES POTATO WEDGES PASTA WITH OLIVE OIL RICE WITH PEPPERS GARDEN PEAS BUTTERNUT SQUASH DESSERT SPONGE PUDDING / SHORTBREAD GATEAUX / APPLE	ASSORTED SALADS BREAD MEAT LAMB STEAKS GARLIC & ROSEMARY BREADED TURKEY ESCALOPES COTTAGE PIE CHICKEN AND COCONUT VEGETARIAN VEGETARIAN CANNELLONI VEGAN STUFFED PEPPERS FISH CORNISH SARDINES SIDES PARSLEY POTATOES PASTA BASMATI RICE CAULIFLOWER BRAISED RED CABBAGE DESSERT RICE PUDDING / CARROT CAKE DANISH PASTRIES / FRUIT SALAD	ASSORTED SALADS BREAD MEAT ROAST BEEF PORK BELLY RIBS CHICKEN A LA KING LAMB AND ORANGE VEGETARIAN VEGETABLE SPRING ROLLS VEGAN MEDITERRANEAN TOFU FISH SALMON & WATERCRESS QUICHE SIDES ROAST POTATOES MUSHROOM PASTA RICE ROASTED PARSNIPS BROCCOLI DESSERT ETON MESS / KEYLIME PIE BAKEWELLS / PINEAPPLE	ASSORTED SALADS BREAD MEAT CHICKEN CHASSEUR PORK SCHNITZEL BEEF CARBONNADE LAMB IN A RED WINE SAUCE VEGETARIAN VEGETABLE CURRY VEGAN BALTI CURRY FISH SEAFOOD RISOTTO SIDES DAUPHINOISE POTATOES PASTA CHINESE RICE GREEN BEANS GRILLED TOMATOES DESSERT CREAM SLICES / DIPLOMAT PUDDING / BANANA