WEEK 1					
Plymouth age UK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Starters	Soup of The Day Melon with Raspberry Coulis		Soup of The Day Melon with Raspberry Coulis	Soup of The Day Melon with Raspberry Coulis	
Main Course	Battered Fish & Lemon		Roast Gammon & Egg	Roast Beef & Yorkshire	
Alternatives	Baked Potato (with various Fillings) Quiche Lorraine		Baked Potato (with Various Fillings) Quiche Lorraine	Baked Potato (with Various Fillings) Quiche Lorraine	
Vegetables	Chips Mushy Peas & Grilled Tomato/ Mixed Salad & Coleslaw		Cheesy leek Mashed potato Peas & Sweetcorn /Mixed Salad & Coleslaw	Roast Potatoes Cauli Cheese & Carrots/ Mixed Salad & Coleslaw	
Dessert	Strawberry Shortbread Cheese & Biscuits Ice Cream		Fruit Flan & Cream Cheese & Biscuits Ice Cream	Apple Crumble & Custard Cheese & Biscuits Ice Cream	

Baked Potato Fillings - Cheese/Baked Beans/ Tuna & Mayonnaise.