



Week commencing: Monday 10th February 2025 ~ 10/02/2025

Day	Breakfast	Soup	Midday Meal	Tea	Supper
Monday	 <p>Just one-half of a dolphin's brain goes to sleep at a time. Dolphins avoid getting the bends by completely collapsing their ribcage, which forces the air pressure out of the lungs and into the windpipe and complex air chambers below its blowhole.</p>		<p>Minced beef and Yorkshire pudding, carrots and baby potatoes</p> <p>Vegetable spring rolls with curry sauce</p> <p>Chocolate sponge and custard</p>	<p>Hot pork and gravy sandwiches, wedges and sweetcorn</p> <p>Caramel shortbread</p>	Toast and drinks
Tuesday	<p>Hash browns</p> <p>Scrambled eggs and beans</p> <p>Fruit juice</p> <p>Yoghurts</p>	<p>Courgette and Mascarpone (v) (gf)</p>	<p>Basil and garlic pork fillets with peppercorn sauce, crushed herb potatoes, baton carrots and green beans</p> <p>Quorn sausages</p> <p>Raspberry trifle</p>	<p>Lamb madras, rice and naan</p> <p>Coffee Cake</p>	Toast and drinks
Wednesday	<p>Fruit smoothie</p> <p>Scrambled eggs and beans</p> <p>Fruit juice</p> <p>Yoghurts</p>		<p>Roast chicken, roast potatoes, cauliflower cheese, cabbage and stuffing</p> <p>Roasted butternut squash with chilli and sage crumb</p> <p>Dutch apple pie and cream</p>	<p>Ham, egg, chips and tomatoes</p> <p>Rice pudding</p>	Toast and drinks
Thursday	<p>Sausages</p> <p>Scrambled eggs and beans</p> <p>Fruit juice</p> <p>Yoghurts</p>	<p>Veggie Coconut Curry (v) (gf) (df)</p>	<p>Steak and mushroom pie with mashed potatoes, peas and tender stem broccoli</p> <p>Parmesan and garlic oven roasted cauliflower</p> <p>Iced sponge cake</p>	<p>Toad in the hole with peas and mashed potatoes</p> <p>Rhubarb and ginger crumble and cream</p>	Toast and drinks
Friday	<p>Full English</p> <p>Fruit juice</p> <p>Yoghurts</p>		<p>Fish, chips, peas, beans and curry sauce</p> <p>Chicken and chorizo risotto</p> <p>Rocky road</p>	<p>A dolphin can produce whistles for communication and clicks for sonar at the same time, which would be like a human speaking in two voices, with two different pitches, holding two different conversations.</p>	

Meals will be served with seasonal vegetables, jacket potatoes, salad bar, fresh fruit and yoghurt
 Homemade soup with fresh baked bread served at lunchtimes
 (g) gluten free (v) vegetarian (d) dairy free