



Week commencing: Monday 21<sup>st</sup> April 2025 ~ 21/04/2025

Day	Breakfast	Soup	Midday Meal	Tea	Supper
Monday	 <p>Penguins molt every year, shedding their old feathers for new ones. During this time, they may look a bit scruffy, but soon they regain their sleek, tuxedo-like appearance</p>		BANK HOLIDAY		Toast and drinks
Tuesday			<p>TRAINING DAY</p> <p>Selection of sandwiches and jacket potatoes</p>		
Wednesday	<p>Sausages Scrambled eggs and beans Fruit juice Yoghurts</p>		<p>Roast beef with Yorkshire puddings, roast potatoes, carrots and cauliflower cheese</p> <p>Baked cod in tomato sauce</p> <p>Cherry and apple pie with cream</p>	<p>Corned beef pie with baked beans</p> <p>Brandy snaps with strawberries and cream</p>	Toast and drinks
Thursday	<p>Fruit smoothies Scrambled eggs and beans Fruit juice Yoghurts</p>	<p>Courgette and mascarpone (GF) (V)</p>	<p>Fruity lamb and olive tagine with couscous and grilled tomatoes</p> <p>Parmesan and garlic oven roasted broccoli and sweetcorn</p> <p>Treacle sponge with custard</p>	<p>Honey roast gammon with chips, tomatoes and egg</p> <p>Pear conde with chocolate sauce</p>	Toast and drinks
Friday	<p>Full English Fruit juice Yoghurts</p>		<p>Fish, chips, peas, beans and curry sauce</p> <p>Hunter's chicken</p> <p>Peppermint slice</p>	 <p>Male penguins often propose to their mates with pebbles, the male presents a pebble to the female as a token of his affection. If she accepts, they're officially a pair!</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