



Week commencing: Monday 19th January 2026 ~ 19/01/2026

Day	Breakfast	Soup	Midday Meal	Tea	Supper
Monday	<p>Most Arabian horses have one fewer vertebra. Their tail has one less bone in it, too, as does their rib cage.</p> 		<p>Beef Keema curry with basmati rice and naan bread</p> <p>Cheese and onion quiche, peas and carrots</p> <p>Berry sponge and custard</p>	<p>Pork and leek sausages, mashed potatoes and gravy</p> <p>Fruit flapjack</p>	<p>Toast and drinks</p>
Tuesday	<p>Poached eggs</p> <p>Scrambled eggs and beans</p> <p>Fruit juice</p> <p>Yoghurts</p>	<p>Mushroom (GF) (V)</p>	<p>Salmon, prawn and broccoli lasagne with baby potatoes, carrots and sweetcorn</p> <p>Moroccan couscous with roasted vegetables and chickpeas</p> <p>Iced coffee cake</p>	<p>Bolognaise pasta bake with garlic bread</p> <p>Chocolate sponge and custard</p>	<p>Toast and drinks</p>
Wednesday	<p>Sausages</p> <p>Scrambled eggs and beans</p> <p>Fruit juice</p> <p>Yoghurts</p>		<p>Roast pork, apple sauce, roast potatoes, savoy cabbage and cauliflower</p> <p>Sweet potato with charred red onion and feta cheese</p> <p>Rhubarb and ginger crumble and custard</p>	<p>Thai green curry, rice and prawn crackers</p> <p>Blueberry cheesecake</p>	<p>Toast and drinks</p>
Thursday	<p>American pancakes</p> <p>Scrambled eggs and beans</p> <p>Fruit juice</p> <p>Yoghurts</p>	<p>Vegetable (GF) (DF) (V)</p>	<p>Chicken and vegetable pie with mashed potatoes, peas, carrot and swede</p> <p>Penne arrabbiata with focaccia</p> <p>Caramel slice</p>	<p>Scampi, chips and mushy peas</p> <p>Apple shortbreads</p>	<p>Toast and drinks</p>
Friday	<p>Full English</p> <p>Fruit juice</p> <p>Yoghurts</p>		<p>Fish, chips, peas, beans and curry sauce</p> <p>Spinach and paneer curry</p> <p>Tiffin</p>	<p>A horse can learn human words and remember you even if you've been away from each other for a long time, especially if you treated them well. Their memory is comparable to that of elephants.</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