

Day	Breakfast	Soup	Midday Meal	Tea	Supper
Monday 28.09.2026	 October comes from the Latin word <i>octo</i>, meaning "eight". It was the eighth month in the old Roman calendar before January and February were added.		Minced beef and vegetables with Yorkshire pudding, herb potatoes, sweet and green beans - Penne Pomodora with garlic bread - Cherry and Apple Crumble and cream	Chicken, leek and Ham pie, mash, gravy and peas - Chocolate Chip Sponge	Toast and drinks
Tuesday 29.09.2026	Boarders' Breakfast Eggs Benedit - Scrambled egg & beans - Yogurt - Fruit Juice	Lentil (v) (gf)	Teriyaki salmon with broccoli and mushroom noodles - Vegetable moussaka with garlic and herb potatoes, peas and green beans - Raspberry Trifle	Lamb Bhuna, rice and nan bread - Orange slice and Custard	Toast and drinks
Wednesday 30.09.2026	Boarders' Breakfast Sausage and plum tomatoes - Yogurt - Fruit Juice		Roast gammon, rosemary roast potatoes, cabbage and carrots - Goan Fish Curry - Banoffee Pie	Sweet and sour Chicken Balls with Egg Fried Rice - Iced Sponge	Toast and drinks
Thursday 01.10.2026	Boarders' Breakfast Porridge Oats - Yogurt - Fruit Juice		Meatballs in cream with baby potatoes, braised onions and sweetcorn - Garlic mushrooms on sourdough - Cranberry and apricot flapjack	Ham, egg, chips and grilled tomatoes - Lemon Drizzle cake	Toast and drinks
Friday 02.10.2026	Boarders' Breakfast Full English cooked breakfast - Yogurt - Fruit Juice		Fish & chips, with peas, baked beans and curry sauce - Beef burger in a bun with tomato relish - Butterfly Buns		October - The Anglo-Saxons called the month <i>Winterfylleth</i> , meaning the "fullness of winter".