

## Crowstone Manor - 4 week winter menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Chicken Pie Broccoli Cabbage Creamed Potatoes	Cauliflower Cheese Green Beans Creamed Potatoes	Sausages Fried Onions Baked Beans Creamed Potatoes	Steak & Kidney Pudd Carrots Broad Beans Boiled Potatoes	Basa Fillet Peas Carrots Creamed Potatoes	Pork Casserole Broccoli Creamed Potatoes	Roast Beef, Yorkshire Pudding, Roast Potatoes Swede & Sprouts
	Stewed Apple & Custard	Mandarin Oranges & Ice-Cream	Semolina & Jam	Treacle Tart & Custard	Syrup Pudding & Custard	Jelly & Evaporated Milk	Baked Custard
Week 2	Cottage Pie Mashed Parsnip Peas	Boiled Bacon Pease Pudding Carrots Creamed Potatoes	Toad-in-the-Hole Baked Beans Boiled Potatoes	Savoury Mince Sprouts Cauliflower Dumplings	Cod Fillet Peas Grilled Tomatoes Creamed Potatoes	Chicken Casserole Cabbage Creamed Potatoes	Roast Lamb Roast Potatoes Green Beans Roast Parsnips
	Apple Pie & Custard	Rhubarb & Custard	Pear Flan	Black Cherries & Ice-Cream	Jam Pudding & Custard	Angel Delight	Milk Jelly, Peaches & Evaporated Milk
Week 3	Shepherds Pie Peas Carrots	Beef Burgers Broccoli Cauliflower Creamed Potatoes	Sausages Egg Grilled Tomatoes Chips	Minced Beef with Bolognese Sauce Spinach & Leeks Pasta or Mash	Smoked Haddock Peas Carrots Creamed Potatoes	Lamb Casserole Cabbage Creamed Potatoes	Roast Pork, Roast Potatoes Swede Sprouts
	Apple Crumble & Custard	Blancmange & Evaporated Milk	Rice Pudding	Peaches & Ice-Cream	Lemon Curd Pudding & Custard	Pineapple & Ice-Cream	Shop Gateau
Week 4	Cold Pork Peas Cauliflower Jacket Potatoes	Lamb Chops Broccoli Cabbage Creamed Potatoes	Sauages Bake Beans Pease Pudding Croquette Potatoes	Egg & Bacon Grilled Tomatoes Fried Potatoes	Fish & Chips or pies, etc From the Shop	Beef Casserole Spinach Creamed Potatoes	Roast Chicken Roast Potatoes Green Beans Roast Parsnips
	Apple Sponge & Custard	Pears & Evaporated Milk	Chocolate Pudding & Evaporated Milk	Apricots & Custard	Individual Fruit Yoghurts	Jam Tart & Custard	Fruit Salad & Jelly & Evaporated Milk