

The Steppes

Weekly Menu

Week commencing.....

SEP1

* there are various breakfasts available-see individual breakfast cards

Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th	Saturday 17th	Sunday 18th
Main course	Main course	Main course	Main course	Main course	Main course	Main course
Chicken Kiev's Creamed Pot's Winter Greens Sweet Potato	Fish Pie Creme de Pot's Cauli Sausages (lean) Baby Sweetcorn	Eggs Bacon, Sautéed Grilled Toms Mushrooms Peas or Beans	Ham Shrimps New Potatoes Cauli Cauli Cauli	Fried Cod in Bakes Fish in a Bakes Sauce Peas or Beans Chips or Mash	Spagetti Bolegnese Garlic Bread.	Roast Pork Apple Sauce Auberg Pot's Sausages, Peas Cauli, Cabbage.
Vegetarian option	Vegetarian option	Vegetarian option	Vegetarian option	Vegetarian option	Vegetarian option	Vegetarian option
Omelette - Tom, Ham or Cheese	Vegetable Gratin	Cauli Mower Cheese.	Jacket Potatoes with Tuna or Cheese	Fried Egg or Fishcake	Cheese & Potato Pie with Grilled Tomatoes	Beerroot & Feta BAKES
Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
Banana Custard.	Eton Mess	Henry Cured Tart / Custard	Fresh Fruit Salad / Cream	Baked Alaska.	Rhubarb Pudding / Shortbread	Sherry Trifle
Tea	Tea	Tea	Tea	Tea	Tea	Tea
Crumpets Tomato Soup Cheese & Onion Pate, Tongue	Ham or Cheese Salad Chicken Soup C-Beef & Pickle Eggs, Cress, Tomato	Cheese on Toast Cream of Heek Chicken Mayo, Cuc, Ham,	Mushroom Soup Cream Cheese, Salad, Tuna	Bacon Rolls Oxal Soup Ham & Mustard, Tomato & Cheese,	Scotch Eggs & Salad Kent's Soap - Banana, C-Beef Egg Mayo, Egg Mayo,	Prawn Cocktail B.I.B. Asparagus Jam, Sausages, Cuc, Cheese.
Menetha or Fruit	Hot Mausses	Peaches & Apricots	Yogurt & Mausses	Fruit Cocktail	Yogurt & Creme Caramel	Gateau -

