**RESIDENTS WEEKLY MENU** Menu is subject to minor changes **15th September – 21th September 2025**

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| Week  Commencing  15/09/2025 | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **15/09/2025** | **16/09/2025** | **17/09/2025** | **18/09/2025** | **19/09/2025** | **20/09/2025** | **21/09/2025** |
| **THEMES** | **Sustainable Connaught** | **Nourished Life** | **World Classics** | **British Cuisine** | **Catch of the Day** | **St Neots Market Square** | **Butcher's Block Roast** |
| **Starters**  ***Allergens*** | Roast butternut squash and sage soup (V)  ***Milk, Celery, Sulphites, Gluten*** | Cream of roasted celeriac soup (V)  ***Milk, Celery, Sulphites, Gluten*** | Cream of tomato and basil soup (V)  ***Milk, Celery, Sulphites, Gluten*** | Cream of broccoli and cheese soup (V)  ***Milk, Celery, Sulphites, Gluten*** | Cream of mushrooms and tarragon soup (V)  ***Milk, Celery, Sulphites, Gluten*** | Cream of pea & ham soup  ***Milk, Celery, Sulphites, Gluten*** | Cream of potato and spinach soup (V)  ***Milk, Celery, Sulphites, Gluten*** |
| Poached egg and grilled asparagus (V)  ***Gluten, Milk, Sulphites, Egg, Mustard, Soya*** | Vine tomato bruschetta (V)  ***Milk, Mustard, Sulphites, Egg, Sesame, Soya, Gluten*** | Middle Eastern Fattoush salad (V)  ***Milk, Mustard, Sulphites, Egg, Sesame, Soya, Gluten*** | Smoked mackerel pate on toast  ***Celery, Sulphites, Egg, Milk, Fish, Gluten*** | Coronation chicken salad ***Milk, Celery, Sulphites, Egg, Mustard, Gluten*** | Spicy vegetables gyozas and ponzu (V)  ***Milk, Mustard, Sulphites, Gluten, egg*** | Baby prawns’ cocktail  ***Milk, Egg, Gluten, Mustard, Sulphites, Fish, celery, Soya, crustaceans*** |
| **Main courses**  ***Allergens*** | **Woodland mushrooms bourguignon (Ve) *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Mediterranean vegetables gratin (Ve)  *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Vegetables bhuna (Ve)  *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Vegetables medley and aged cheddar tart (Ve)  *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Breaded aubergine escalope (Ve) *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Heirloom tomato and olives pizza (Ve) *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Nuts roast (Ve)  *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** |
| **Woodland mushrooms bourguignon (V)** Steamed rice and horseradish cream  ***Celery, Sulphites, Mustard, Soya, Nuts, Gluten, Milk, Egg*** | **Mediterranean vegetables gratin (V)**  Shaved parmesan and fresh herbs  ***Celery, Sulphites, Mustard, Soya, Nuts, Gluten, Milk, Egg*** | **Vegetables bhuna (Ve)**  Pea pilau rice, mango chutney and garlic naan  ***Celery, Sulphites, Mustard, Soya, Nuts, Gluten, Milk, Egg*** | **Red lentils and vegetables shepherd pie (V)**  Seasonal greens and crispy shallots  ***Celery, Sulphites, Mustard, Soya, Nuts, Gluten, Milk, Egg*** | **Breaded aubergine escalope (V)**  Chips and tartare sauce  ***Celery, Sulphites, Mustard, Soya, Nuts, Gluten, Milk, Egg*** | **Quattro formaggi pizza (V)**  Green Goddess salad  ***Celery, Sulphites, Mustard, Soya, Nuts, Gluten, Milk, Egg*** | **Nuts roast (V)**  Roast potatoes, Yorkshire pudding and gravy  ***Celery, Sulphites, Mustard, Soya, Nuts, Gluten, Milk, Egg*** |
| **Pulled beef cottage pie** Savoy cabbage and horseradish cream  ***Milk, Celery, Sulphites, Gluten, Mustard, Egg, Soya*** | **Luxury mix fish stew** Sweet potato mash and crispy leek (low fat)  ***Milk, Celery, Sulphites, Gluten, Mustard, Egg, Soya, Fish*** | **Pork and leek bangers and mash**  Garden peas and caramelised onion gravy  ***Milk, Celery, Sulphites, Gluten, Mustard, Egg, Soya*** | **Lancashire hot pot**  Seasonal greens and crispy shallots  ***Milk, Celery, Sulphites, Gluten, Mustard, Egg, Soya*** | **Battered fillet of Cod** Herbs salted chips, mushy peas, tartare sauce and lemon.  ***Milk, Celery, Sulphites, Gluten, Mustard, Egg, Soya, Fish*** | **Garlic and herbs chicken hot pot**  Vegetables medley and gravy  ***Milk, Celery, Sulphites, Gluten, Mustard, Egg, Soya*** | **Roast lamb** Roast potatoes, glazed roots vegetables, Yorkshire pudding, mint sauce & gravy  ***Milk, Celery, Sulphites, Gluten, Mustard, Egg, Soya*** |
| **Optional Sides** | New potatoes, Broccoli, Carrots  ***Milk, Sulphites*** | New potatoes, Green beans, Carrots  ***Milk, Sulphites*** | New potatoes, Green beans, Carrots  ***Milk, Sulphites*** | Mashed potatoes, Broccoli, Carrots  ***Milk, Sulphites*** | Mash potatoes, Garden peas  ***Milk, Sulphites*** | Mash potatoes, Green beans, Carrots  ***Milk, Sulphites*** | Mash potatoes, Broccoli  ***Milk, Sulphites*** |
| **Desserts**  ***Allergens*** | Apple crumble and custard ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Poached pear and syrup  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Chocolate cheesecake  ***Gluten, Milk, Sulphites, Egg, Nuts, Soya*** | Rice pudding and blackcurrant jam  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Lemon curd tart & Chantilly  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Banana loaf and custard  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Chocolate brownie and popcorn ice cream  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** |
| **Ice creams / sorbet** Fruits salad  ***Milk, Soya, Sulphites*** | **Ice creams / sorbet** Fruits salad  ***Milk, Soya, Sulphites*** | **Ice creams / sorbet** Fruits salad  ***Milk, Soya, Sulphites*** | **Ice creams / sorbet** Fruits salad  ***Milk, Soya, Sulphites*** | **Ice creams / sorbet** Fruits salad  ***Milk, Soya, Sulphites*** | **Ice creams / sorbet** Fruits salad  ***Milk, Soya, Sulphites*** | **Ice creams / sorbet** Fruits salad  ***Milk, Soya, Sulphites*** |
| **SUPPER** | | | | | | | |
| **Starters** | Chef's choice soup | Chef's choice soup | Chef's choice soup | Chef's choice soup | Chef's choice soup | Chef's choice soup | Chef's choice soup |
| **Main courses (Suppers specials)**  ***Allergens*** | **Picnic quiche (Ve)**   ***Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Cheese and onions pasty (Ve)**  ***Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Gyozas and chips (Ve) *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Full English frittata** **(Ve)**  ***Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Jacket sweet potato (Ve)** Vegetables casserole ***Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Vegetables turnover (Ve)**  Side salad and pickles ***Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Vegetables spring rolls (Ve) *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** |
| Henbrook's assorted sandwiches **OR** filled omelette | Henbrook's assorted sandwiches **OR** filled omelette | Henbrook's assorted sandwiches **OR** filled omelette | Henbrook's assorted sandwiches **OR** filled omelette | Henbrook's assorted sandwiches **OR** filled omelette | Henbrook's assorted sandwiches **OR** filled omelette | Henbrook's assorted sandwiches **OR** filled omelette |
| **Picnic quiche (V)**  Seasonal vegetables salad & salad cream  ***Celery, Sulphites, Mustard, Soya, Gluten, Milk, Egg*** | **Cheese & onions pasty (V)**  Seasonal vegetables salad & salad cream  ***Celery, Sulphites, Mustard, Soya, Gluten, Milk, Egg*** | **Buttermilk chicken** Fries, chunky tomato salsa and spring onions  ***Celery, Sulphites, Mustard, Soya, Gluten, Milk, Egg*** | **Full English frittata**  Seasonal vegetables salad & salad cream  ***Celery, Sulphites, Mustard, Soya, Gluten, Milk, Egg*** | **Jacket potato & cheese**  Sausage casserole **OR** Baked beans ***Celery, Sulphites, Mustard, Soya, Gluten, Milk, Egg*** | **Mini pork pie**  Side salad and pickles  ***Celery, Sulphites, Mustard, Soya, Gluten, Milk, Egg*** | **Gammon and chips**  Fried egg and baked beans  ***Celery, Sulphites, Mustard, Soya, Gluten, Milk, Egg*** |
| **Dessert**  ***Allergens*** | Eton mess  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Jelly crystal and honeycomb ice cream  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Pineapple upside down cake  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Mary Berry’s sticky toffee pudding  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Banoffee pie ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Tart tatin and mascarpone  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Spotted dick and custard  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** |
| **Ice creams / sorbet** Fruits salad  ***Milk, Soya, Sulphites*** | **Ice creams / sorbet** Fruits salad  ***Milk, Soya, Sulphites*** | **Ice creams / sorbet** Fruits salad  ***Milk, Soya, Sulphites*** | **Ice creams / sorbet** Fruits salad  ***Milk, Soya, Sulphites*** | **Ice creams / sorbet** Fruits salad  ***Milk, Soya, Sulphites*** | **Ice creams / sorbet** Fruits salad  ***Milk, Soya, Sulphites*** | **Ice creams / sorbet** Fruits salad  ***Milk, Soya, Sulphites*** |