**RESIDENTS WEEKLY MENU** Menu is subject to minor changes **22nd September – 28th September 2025**

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| Week  Commencing  22/09/2025 | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **22/09/2025** | **23/09/2025** | **24/09/2025** | **25/09/2025** | **26/09/2025** | **27/09/2025** | **28/09/2025** |
| **THEMES** | **Sustainable Connaught** | **Nourished Life** | **World Classics** | **British Cuisine** | **Catch of the Day** | **St Neots Market Square** | **Butcher's Block Roast** |
| **Starters**  ***Allergens*** | Cream of roasted parsnips soup (V)  ***Milk, Celery, Sulphites, Gluten*** | Cream of carrots and orange soup (V)  ***Milk, Celery, Sulphites, Gluten*** | Cream of tomato and red lentils soup (V)  ***Milk, Celery, Sulphites, Gluten*** | Cream of leek and potato soup (V)  ***Milk, Celery, Sulphites, Gluten*** | Cream of chicken and vegetables soup  ***Milk, Celery, Sulphites, Gluten*** | Cream of mushy pea & mint soup (V)  ***Milk, Celery, Sulphites, Gluten*** | Cream of sweetcorn chowder soup (V)  ***Milk, Celery, Sulphites, Gluten*** |
| Bruised vegetables salad and poached egg (V)  ***Gluten, Milk, Sulphites, Egg, Mustard, Soya*** | Tomato, olives and basil crostini (V)  ***Milk, Mustard, Sulphites, Egg, Sesame, Soya*** | Classic tuna Nicoise salad  ***Milk, Mustard, Sulphites, Egg, Sesame, Soya, Gluten, Fish*** | Sauteed mushrooms and tarragon on toast (V)  ***Celery, Sulphites, Egg, Milk, Fish, Gluten*** | Sweet potatoes and chickpea bites (V)  ***Milk, Celery, Sulphites, Egg, Mustard, Gluten*** | Crispy halloumi fries (V)  ***Milk, Mustard, Sulphites, Gluten, egg*** | Potted shrimps with mace butter & rustic bread  ***Milk, Egg, Gluten, Mustard, Sulphites, Fish, celery, Soya, crustaceans*** |
| **Main courses**  ***Allergens*** | **Vegetables and tomato Provençal (Ve) *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Piccolo tomato and basil quiche (Ve)  *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Sweet and sour glazed vegetables (Ve)  *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Quorn sausage toad-in-the-whole (Ve)  *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Tempura vegetables (Ve) *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Gnocchi and cheese (Ve) *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Vegetables & cheese tray bake (Ve) *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** |
| **Vegetables and tomato Provençal (V)** Penne pasta and parmesan  ***Celery, Sulphites, Mustard, Soya, Nuts, Gluten, Milk, Egg*** | **Piccolo tomato and basil quiche (V)**  Side salad and salad cream  ***Celery, Sulphites, Mustard, Soya, Nuts, Gluten, Milk, Egg*** | **Sweet and sour glazed vegetables (Ve)** Coconut rice, cashews and coriander  ***Celery, Sulphites, Mustard, Soya, Nuts, Gluten, Milk, Egg, Nuts*** | **Quorn sausage toad-in-the-whole (V)** Broccoli, gravy and apple sauce  ***Celery, Sulphites, Mustard, Soya, Nuts, Gluten, Milk, Egg*** | **Tempura vegetables (V)**  Chips and tartare sauce  ***Celery, Sulphites, Mustard, Soya, Nuts, Gluten, Milk, Egg*** | **Mushrooms ravioli (V)**  Tarragon velouté and gremolata  ***Celery, Sulphites, Mustard, Soya, Nuts, Gluten, Milk, Egg*** | **Vegetables & cheese tray bake (V)**  Roast potatoes, Yorkshire pudding and gravy  ***Celery, Sulphites, Mustard, Soya, Nuts, Gluten, Milk, Egg*** |
| **Charred chicken and spinach ragout** Penne pasta and green pesto (low fat)  ***Milk, Celery, Sulphites, Gluten, Mustard, Egg, Soya*** | **Poached haddock fillet** Sauteed baby potatoes and peas, poached egg and parsley emulsion  ***Milk, Celery, Sulphites, Gluten, Mustard, Egg, Soya, Fish*** | **Classic beef goulash**  Fragrant basmati rice, soured cream and fresh parsley (low fat)  ***Milk, Celery, Sulphites, Gluten, Mustard, Egg, Soya*** | **Slow braised pigs cheeks** Smooth mashed potatoes, grilled broccoli and bramley apple sauce  ***Milk, Celery, Sulphites, Gluten, Mustard, Egg, Soya*** | **Battered catch of the day** Herbs salted chips, mushy peas, tartare sauce and lemon.  ***Milk, Celery, Sulphites, Gluten, Mustard, Egg, Soya, Fish*** | **Pulled shoulder of lamb**  Jersey royal potatoes, seasonal greens medley, mint sauce and lamb jus  ***Milk, Celery, Sulphites, Gluten, Mustard, Egg, Soya*** | **Roast Pork** **Shoulder** Roast potatoes, glazed roots vegetables, Yorkshire pudding and gravy  ***Milk, Celery, Sulphites, Gluten, Mustard, Egg, Soya*** |
| **Optional Sides** | Mashed potatoes, Broccoli, Carrots  ***Milk, Sulphites*** | Mashed potatoes, Green beans, Carrots  ***Milk, Sulphites*** | Mashed potatoes Green beans, Carrots  ***Milk, Sulphites*** | New potatoes Green beans, Carrots  ***Milk, Sulphites*** | Mash potatoes Garden peas  ***Milk, Sulphites*** | New potatoes Green beans, Carrots  ***Milk, Sulphites*** | Mash potatoes Broccoli  ***Milk, Sulphites*** |
| **Desserts**  ***Allergens*** | Lost fruits crumble and custard ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Macerated fruits salad with Greek yoghurt and honey  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Chocolate mousse and Chantilly  ***Gluten, Milk, Sulphites, Egg, Nuts, Soya*** | Banana and custard  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Hummingbird sponge and cream cheese frosting  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Vanilla sponge and custard  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Blondie 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*** | **Vine tomato and cheese on toast (Ve)**   ***Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Cheese and mushrooms muffin (Ve)**  ***Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Cauliflower and broccoli cheese (Ve) *Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Stuffed peppers (Ve)**  ***Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Jacket sweet potato (Ve)** Vegetables jalfrezi ***Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Crispy tofu tray bake (Ve)**  Side salad and pickles ***Celery, Sulphites, Mustard, Soya, Nuts, Sesame, Gluten, Sesame*** | **Plant based fish nuggets and chips (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 |
| **Ham and cheese on toast**  Mediterranean side salad and salad cream  ***Celery, Sulphites, Mustard, Soya, Gluten, Milk, Egg, Fish*** | **Bacon, cheese and egg muffin** Seasonal vegetables salad & salad cream  ***Celery, Sulphites, Mustard, Soya, Gluten, Milk, Egg*** | **Cauliflower and broccoli cheese (V)**  Hovis toast and fresh herbs  ***Celery, Sulphites, Mustard, Soya, Gluten, Milk, Egg*** | **Cheese and vegetables stuffed peppers (V)**  Mediterranean side salad and salad cream  ***Celery, Sulphites, Mustard, Soya, Gluten, Milk, Egg*** | **Jacket potato & cheese**  Coronation chicken **OR** Baked beans ***Celery, Sulphites, Mustard, Soya, Gluten, Milk, Egg*** | **Cocktail sausages and vegetables tray bake** Fried potatoes wedges and baked beans  ***Celery, Sulphites, Mustard, Soya, Gluten, Milk, Egg*** | **Salmon fish cake (V)**  Chips, tartare sauce and peas  ***Celery, Sulphites, Mustard, Soya, Gluten, Milk, Egg*** |
| **Dessert**  ***Allergens*** | English lemon posset  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Jelly crystal and ice cream  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Crème brulee  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Banana and passion fruits Eton mess  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Chocolate mousse and Chantilly  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Black forest gateaux  ***Gluten, Milk, Sulphites, Egg, Soya, Nuts*** | Lemon meringue pie  ***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*** |