

Sibbertoft Manor

SUMMER Weekly Meal Planner Week 1

Monday

Main Meat: Sausage Plait
Main Fish: Salmon & Asparagus Quiche
Main Veg: Vegetable Quiche
Side: New Potatoes
Side: Medley of Spring Vegetables
Dessert 1: Baked Apple & Custard
Dessert 2: Panna Cotta
Dessert 3: Fruit Salad / Ice Cream

Tuesday

Main Meat: Chicken & Tarragon Sauce
Main Fish: Salmon & Hollandaise
Main Veg: Macaroni Cheese
Side: Mashed / Herby Potatoes
Side: Carrots / Broad Beans Broccoli
Dessert 1: Fruit Flan & Cream
Dessert 2: Semolina Pudding
Dessert 3: Fruit Salad / Ice Cream

Wednesday

Main Meat: Lamb Casserole
Main Fish: Cod in Cheese Sauce
Main Veg: Vegetable Casserole with Butter Beans
Side: Dauphinoise Potatoes
Side: Carrots & Spring Cabbage
Dessert 1: Chocolate Mousse
Dessert 2: Bread & Butter Pudding
Dessert 3: Fruit Salad / Ice Cream

Thursday

Main Meat: Roast Ham & Parsley Sauce
Main Fish: Fishcake & Parsley Sauce
Main Veg: Vegetable Kiev
Side: Mashed Potatoes
Side: Peas & Carrots
Dessert 1: Pineapple Upside Down Cake
Dessert 2: Lemon Meringue Pie

Friday

Main Meat: Sausage & Chips
Main Fish: Fish & Chips
Main Veg: Vegetarian Sausage & Chips
Side: Mashed Potatoes
Side: Mushy Peas / Garden Peas
Dessert 1: Strawberry Cheesecake
Dessert 2: Fruit Fool
Dessert 3: Fruit Salad / Ice Cream

Saturday

Main Meat: Sweet & Sour Chicken
Main Fish: Fish Pie
Main Veg: Vegetable Lasagne
Side: Rice
Side: Mashed Potatoes
Dessert 1: Steamed Treacle Pudding
Dessert 2: Banana Custard
Dessert 3: Fruit Salad / Ice Cream

Sunday

Main Meat: Roast Pork & Apple Sauce & Stuffing
Main Fish: Smoked Haddock Gratin
Main Veg: Nut Roast
Side: Roast Potatoes / Parsnips / Cabbage
Side: Swede / Cauliflower Cheese
Dessert 1: Trifle
Dessert 2: Fruit Salad / Ice Cream

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SUMMER Weekly Meal Planner Week 2

Monday

Main Meat: Cottage Pie
Main Fish: Salmon Pasta
Main Veg: Vegetable Pie
Side: Carrots & Broad Beans
Side: Peas & Green Beans
Dessert 1: Fruit Crumble & Custard
Dessert 2: Chocolate Mousse
Dessert 3: Fruit Salad / Ice Cream

Tuesday

Main Meat: Chicken & Leek Pie
Main Fish: Tuna Bake
Main Veg: Vegetable Stir Fry
Main Veg: Mashed Potatoes
Side: Carrots & Cabbage
Dessert 1: Rice Pudding
Dessert 2: Crème Brulee
Dessert 3: Fruit Salad / Ice Cream

Wednesday

Main Meat: Spaghetti Bolognaise
Main Fish: Jacket Potato & Tuna
Main Veg: Pasta in Tomato & Cheese Sauce
Jacket Potato Chilli/bolognaise/
Cheese/Beans/Coronation Chicken
Side: Salad Garnish
Side: Garlic Bread
Dessert 1: Pavlova
Dessert 2: Fruit Salad / Ice Cream

Thursday

Main Meat: Lamb Curry/
Sausage Casserole
Main Fish: Cod in Cheese Sauce
Main Veg: Vegetarian Sausages
Side: Mashed Potatoes/ Rice
Side: Cabbage / Carrots
Dessert 1: Chocolate Sponge &
Chocolate Sauce
Dessert 2: Apricot Bake & Caramel

Friday

Main Meat: Gammon & Chips
Main Fish: Scampi & Chips
Main Veg: Vegetarian Kiev & Chips
Side: Mashed Potatoes
Side: Mushy Peas / Garden Peas
Dessert 1: Profiteroles
Dessert 2: Ginger Pudding & Custard
Dessert 3: Fruit Salad / Ice Cream

Saturday

Main Meat: Pork Stroganoff
Main Fish: Haddock & Spinach &
Cheese Sauce
Main Veg: Vegetable Ratatouille
Side: Rice / Mashed Potatoes
Side: Green Beans /Carrots
Dessert 1: Jam Sponge & Custard
Dessert 2: Crème Caramel
Dessert 3: Fruit Salad / Ice Cream

Sunday

Main Meat: Roast Chicken & Stuffing
Main Fish: Mackerel Salad
Main Veg: Nut Roast
Side: Roast Potatoes / Parsnips
Side: Swede / Cauliflower Cheese
Cabbage
Dessert 1: Gateau
Dessert 2: Fruit Salad / Ice Cream