

Sibbertoft Manor

Weekly Meal Planner Week 1

Monday

Main Meat: Beef & Onion Pie
Main Fish: Fish Pie
Main Veg: Vegetarian Shepherds Pie
Side: Mashed Potatoes
Side: Carrots & Green Beans
Dessert 1: Jam Sponge & Custard
Dessert 2: Stewed Apples
Dessert 3: Fruit Salad / Ice Cream

Tuesday

Main Meat: Spaghetti Carbonara
Main Fish: Salmon & Hollandaise
Main Veg: Vegetarian Lasagne
Side: Garlic Bread
Side: Sauté Potatoes / Peas
Dessert 1: Chocolate Mousse
Dessert 2: Lemon Meringue Pie
Dessert 3: Fruit Salad / Ice Cream

Wednesday

Main Meat: Chicken Curry & Rice
Main Fish: Baked Cod & Vegetables
Main Veg: Vegetarian Goulash
Side: Rice / Naan Bread
Side: Mashed Potatoes
Dessert 1: Rhubarb Crumble
Dessert 2: Syllabub
Dessert 3: Fruit Salad / Ice Cream

Thursday

Main Meat: Liver & Bacon
Main Fish: Smoked Haddock Spinach & Cheese Sauce
Main Veg: Vegetable Hotpot
Side: Mashed Potatoes
Side: Broccoli & Carrots
Dessert 1: Chocolate Pudding & Sauce
Dessert 2: Rice Pudding
Dessert 3: Fruit Salad / Ice Cream

Friday

Main Meat: Sausage & Chips
Main Fish: Fish & Chips
Main Veg: Vegetarian Kiev & Chips
Side: Mashed Potato
Side: Mushy Peas / Garden Peas
Dessert 1: Bakewell Tart
Dessert 2: Crème Brûlée
Dessert 3: Fruit Salad / Ice Cream

Saturday

Main Meat: Sweet & Sour Pork & Rice
Main Fish: Tuna Bake
Main Veg: Vegetable Stir Fry
Side: Garlic Bread
Side: Sauté Potatoes
Dessert 1: Ginger Pudding
Dessert 2: Banana Custard
Dessert 3: Fruit Salad / Ice Cream

Sunday

Main Meat: Roast Lamb
Main Fish: Fish in Cheese Sauce
Main Veg: Nut Roast
Side: Roast Potatoes / Parsnips / Brussels
Side: Swede / Cauliflower Cheese
Dessert 1: Trifle
Dessert 2: Fruit Salad / Ice Cream

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Weekly Meal Planner Week 2

Monday

Main Meat: Chicken, Ham & Leek Pie
Main Fish: Salmon Encroute
Main Veg: Vegetable Pie
Side: Mashed Potatoes
Side: Carrots & Green Beans
Dessert 1: Chocolate Chip Sponge & Custard
Dessert 2: Baked Apricots
Dessert 3: Fruit Salad / Ice Cream

Tuesday

Main Meat: Sausage Casserole
Main Fish: Cod in Parsley Sauce
Main Veg: Cheesy Bubble & Squeak
Main Veg: Mashed Potato
Side: Vegetables
Dessert 1: Tiramisu
Dessert 2: Bread & Butter Pudding
Dessert 3: Fruit Salad / Ice Cream

Wednesday

Main Meat: Lamb Curry & Rice
Main Fish: Haddock or Chicken Supreme
Main Veg: Vegetable Curry & Rice
Side: Rice / Naan Bread
Side: Mashed Potatoes
Dessert 1: Apple Crumble
Dessert 2: Caramel Sundae
Dessert 3: Fruit Salad / Ice Cream

Thursday

Main Meat: Chicken Chasseur
Main Fish: Fish Cakes
Main Veg: Vegetable Hotpot
Side: Mashed Potatoes
Side: Broccoli & Carrots
Dessert 1: Spotted Dick
Dessert 2: Semolina
Dessert 3: Fruit Salad / Ice Cream

Friday

Main Meat: Gammon / Pineapple & Chips
Main Fish: Scampi & Chips
Main Veg: Vegetarian Sausage & Chips
Side: Mashed Potatoes
Side: Mushy Peas / Garden Peas
Dessert 1: Sticky Toffee Pudding
Dessert 2: Strawberry Mousse
Dessert 3: Fruit Salad / Ice Cream

Saturday

Main Meat: Shepherd's Pie
Main Fish: Salmon & Broccoli Bake
Main Veg: Vegetable Quiche
Side: Garlic Bread / Saute Potatoes
Side: Broccoli / Carrots
Dessert 1: Apple Pie
Dessert 2: Fruit Fool
Dessert 3: Fruit Salad / Ice Cream

Sunday

Main Meat: Roast Beef & Yorkshire Pudding
Main Fish: Fish in Cheese Sauce
Main Veg: Nut Roast
Side: Roast Potatoes / Parsnips
Side: Swede / Cauliflower Cheese Brussels
Dessert 1: Gateau
Dessert 2: Fruit Salad / Ice Cream