Autumn 2018 September 03 <sup>rd</sup> , 17 <sup>th</sup> . October 01 <sup>st</sup> , 15 <sup>th</sup> ,29 <sup>th</sup> . November 12 <sup>th</sup> ,26 <sup>th</sup> .									
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Lancashire	Salmon ,Cod,	Chicken Tikka	Roast Pork Loin	Crispy Battered	Cheese and	Roast Leg of Lamb			
Lamb	Spinach	Masala	with	Fish & Chips	Parsley Crumb	Garden Vegetables			
Hot Pot	Pasta Bake	with mini	Pork Crackling	£11.90	Topped Fish Pie	and Rosemary			
£11.50	£10.90	poppadum	£10.70		£11.90	£14.95			
		£10.90							
<b>Longford Castle</b>	Traditional	Shepherd's Pie	Classic English	Honey Roast	Roast Norfolk	Sweet and Sour			
Rainbow Trout	Steak	With Crispy	Turkey & Leek	Gammon Ham	Turkey Crown	Chicken with Basmati			
Fillet	and	Cheddar Mash	Pie	£10.70	£10.90	& Wild Rice			
£11.50	<b>Guinness Pie</b>	£9.90	£10.20			£11.00			
	£11.50								
Spinach and	Vegetable	Roasted Field	Lentil and	Mediterranean	Chickpea,	Spinach, Feta Cheese			
Gruyere Cheese	Garden	Mushroom	Vegetable	Vegetable	Spinach Wild	and Truffle Oil			
Quiche	Pie	Cobbler	Cottage Pie	Ratatouille	Mushroom	In a Filo Pastry			
£9.70	£9.70	£9.70	£9.70	£9.80	Casserole	£11.50			
					£10.50				

Autumn 2018 September 10 <sup>th</sup> ,24 <sup>th</sup> . October 08 <sup>th</sup> , 22 <sup>nd</sup> . November 05 <sup>th</sup> ,19 <sup>th</sup> .								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Tender Lamb	<b>Longford Castle</b>	Chicken Tikka	Cottage Pie with	Crispy Battered	Cheese and	Roast Sirloin of Beef		
Stew with	Rainbow Trout	Masala with	Crispy Cheddar	Fish & Chips	Parsley Crumb	with Yorkshire		
Fenugreek	Fillet	mini poppadum	Mash	£11.90	Topped Fish Pie	pudding		
Dumplings	£11.50	£10.90	£9.90		£11.90	£14.95		
£11.50								
Salmon ,Cod ,	Cottage Pie with	Lancashire	Roast Pork Loin	Honey Roast	Roast Norfolk	Chicken with wild		
Spinach Pasta	Crispy Cheddar	Lamb	with	Gammon Ham	Turkey Crown	mushroom, and garlic		
Bake	Mash	Hot Pot	Pork Crackling	£10.70	£10.90	creamy sauce		
£10.90	£9.90	£11.50	£10.70			£11.00		
Courgette &	Lentil and	Baked Gruyere	Mediterranean	Vegetable	Chickpea,	Peppers Stuffed		
Asparagus	Sweet Potato	and Herb	Vegetable	Garden Pie	Spinach Wild	With Moroccan		
Tart	Casserole	Macaroni	Ratatouille	£9.70	Mushroom	Cous Cous, olives,		
£9.70	£9.70	£9.70	£9.80		Casserole	<b>Veg Feta Cheese</b>		
					£10.50	£11.50		