




Calderdale Retreat – week 1

Day of the Week	Evening Meal	Pudding	Supper
 Monday	Steamed Cod with Parsley Sauce Or Homemade Cheese & Onion Quiche Served with Chipped Potatoes & Vegetables	Cherry Crumble with Custard	
 Tuesday	Homemade Chicken & Mushroom Pie Or Homemade Salmon Fishcakes with Dill Sauce Served with Creamed Potatoes & Vegetables	Retreat Mess	
 Wednesday	Braised Steak Or Pork & Cider Casserole Served with Roast Potatoes & Vegetables	Homemade Rice Pudding	
 Thursday	Sweet & Sour Chicken Or Homemade Beef Stew with Dumplings Served with Rice / Mashed Potatoes	Black Currant Cheesecake	
 Friday	Beer Battered Fish Or Steak & Vegetable Pie Served with Chipped Potatoes & Mushy Peas	Apple Pie with Custard	
 Saturday	Homemade Cheesy Shepherd's Pie Or Chicken Wrapped in Bacon with Mushroom Sauce Served with Creamed Potatoes & Vegetables	Egg Custard Tart	
 Sunday	Roast Topside of Beef or Roast Leg of Pork Yorkshire Puddings, Roast Potatoes and Vegetables	Treacle Sponge with Custard	

With any drink of your choice

						
Tea	Coffee	Water	Milk	Juice	Hot Chocolate	Horlicks




Calderdale Retreat – week 1

Day of the Week	Lunchtime Meal	Pudding	Supper
 Monday	Homemade Spicy Vegetable Soup Or Selection of Sandwiches	Strawberry Delight	
 Tuesday	Coned Beef Hash with Beans Or Selection of Sandwiches	Semolina	
 Wednesday	Homemade Cauliflower & Stilton Soup Or Selection of Sandwiches	Arctic Roll	
 Thursday	Dim Sum Selection Or Selection of Sandwiches	Jam & Coconut Sponge & Custard	
 Friday	Homemade Tomato and Basil Soup Or Selection of Sandwiches	Mandarins and Cream	
 Saturday	Battered Haddock Goujons with Beans Or Selection of Sandwiches	Rhubarb Crumble With Custard	
 Sunday	Homemade Vegetable Soup Or Selection of Sandwiches	Jelly & Ice Cream	

With any drink of your choice

						
Tea	Coffee	Water	Milk	Juice	Hot Chocolate	Horlicks






Calderdale Retreat – week 2

Day of the Week	Evening Meal	Pudding	Supper
 Monday	Homemade Quiche Lorraine Or Homemade Chicken & Mushroom Pie Served with Chipped Potatoes & Vegetables	Plum Crumble with Custard	
 Tuesday	Braised Pork Steaks Or Homemade Minted Lamb Pie Served with Roast Potatoes & Vegetables	Homemade Rice Pudding	
 Wednesday	Haddock Fishcakes in a Creamy Mushroom Sauce Or Homemade Cheesy Cottage Pie Served with Vegetables	Peaches and Ice Cream	
 Thursday	Homemade Spaghetti Bolognese Or Homemade Chicken Stew with Dumplings Served with Spaghetti / Mashed Potatoes	Lemon Sponge with Custard	
 Friday	Beer Battered Fish Or Chicken & Vegetable Pie Served with Chipped Potatoes & Mushy Peas	Black Cherry Cheesecake	
 Saturday	Homemade Steak & Ale Pie Or Pork and Cider Casserole Served with Creamed Potatoes & Vegetables	Jam Sponge with Custard	
 Sunday	Roast Topside of Lamb or Roast Turkey Breast Yorkshire Puddings, Roast Potatoes and Vegetables	Profiterole	

With any drink of your choice

						
Tea	Coffee	Water	Milk	Juice	Hot Chocolate	Horlicks





Calderdale Retreat – week 2

Day of the Week	Lunchtime Meal	Pudding	Supper
 Monday	Scrambled Egg with Smoked Salmon Or Selection of Sandwiches	Strawberry Gateau	
 Tuesday	Homemade Carrot & Ginger Soup Or Selection of Sandwiches	Jam Doughnuts	
 Wednesday	Pork Pie & Peas with Mint Sauce Or Selection of Sandwiches	Semolina	
 Thursday	Homemade Macaroni Cheese Or Selection of Sandwiches	Butter Scotch Delight Banana	
 Friday	Cheese & Onion Pasty with Beans Or Selection of Sandwiches	Apple Pie and Cream	
 Saturday	Homemade Tomato Soup Or Selection of Sandwiches	Jam & Cream Scones	
 Sunday	Prawn Salad Platter Or Selection of Sandwiches	Ginger Sponge with Custard	

With any drink of your choice

						
Tea	Coffee	Water	Milk	Juice	Hot Chocolate	Horlicks








Calderdale Retreat – week 3

Day of the Week	Evening Meal	Pudding	Supper
 Monday	Homemade Steak & Kidney Pie Or Breaded Scampi with Tartar Sauce Served with Chipped Potatoes & Vegetables	Rhubarb Crumble with Custard	
 Tuesday	Steamed Cod with Parsley Sauce Or Homemade Cheesy Shepherd's Pie Served with Creamed Potatoes & Vegetables	Retreat Mess	
 Wednesday	Sausages in a Rich Onion Gravy Or Homemade Minted Lamb Pie Served with Roast Potatoes & Vegetables	Homemade Rice Pudding	
 Thursday	Chicken Curry of the Day Or Homemade Beef Stew with Dumplings Served with Rice / Mashed Potatoes	Jelly & Ice Cream	
 Friday	Beer Battered Fish Or Steak & Vegetable Pie Served with Chipped Potatoes & Mushy Peas	Chocolate Sponge with White Choc Sauce	
 Saturday	Steamed Salmon with Dill Sauce Or Lamb & Rosemary Casserole Served with Creamed Potatoes & Vegetables	Fruit Cocktail with Ice Cream	
 Sunday	Roast Topside of Beef or Roast Pork Yorkshire Puddings, Roast Potatoes and Vegetables	Currant Sponge with Custard	

With any drink of your choice

						
Tea	Coffee	Water	Milk	Juice	Hot Chocolate	Horlicks








Calderdale Retreat – week 3

Day of the Week	Lunchtime Meal	Pudding	Supper
 Monday	Homemade Carrot & Coriander Soup Or Selection of Sandwiches	Egg Custard Tart	
 Tuesday	Chicken Goujons with Beans Or Selection of Sandwiches	Semolina	
 Wednesday	Homemade Broccoli & Stilton Soup Or Selection of Sandwiches	Black Cherry Cheesecake	
 Thursday	Indian Starter Selection Or Selection of Sandwiches	Treacle Sponge With Custard	
 Friday	Homemade Tomato Soup Or Selection of Sandwiches	Strawberry Delight	
 Saturday	Scrambled Egg on Toast Or Selection of Sandwiches	Apple Crumble with Custard	
 Sunday	Homemade Vegetable Soup Or Selection of Sandwiches	Profiterole	

With any drink of your choice

						
Tea	Coffee	Water	Milk	Juice	Hot Chocolate	Horlicks

Calderdale Retreat – week 4

Day of the Week	Evening Meal	Pudding	Supper
 Monday	Homemade Chicken Casserole Or Homemade Cheesy Cottage Pie Served with Creamed Potatoes & Vegetables	Arctic Roll	
 Tuesday	Roast Gammon & Pineapple Or Breaded Scampi with Tartar Sauce Served with Chipped Potatoes & Vegetables	Pear Crumble with Custard	
 Wednesday	Chicken & Leek Pie Or Sausage & Bean Casserole Served with Roast Potatoes & Vegetables	Peaches & Cream	
 Thursday	Meatloaf Or Chicken Stew with Dumplings Served with Mashed Potatoes & Sweetcorn	Lemon Sponge with Custard	
 Friday	Beer Battered Fish Or Chicken & Vegetable Pie Served with Chipped Potatoes & Mushy Peas	Banoffee Gateau	
 Saturday	Luxury Fish Pie Or Minced Beef & Onion Pie Served with Creamed Potatoes & Vegetables	Plum Crumble with Custard	
 Sunday	Roast Lamb or Roast Turkey Yorkshire Puddings, Roast Potatoes and Vegetables	Mandarins with Ice Cream	

With any drink of your choice

						
Tea	Coffee	Water	Milk	Juice	Hot Chocolate	Horlicks

Calderdale Retreat – week 4

Day of the Week	Lunchtime Meal	Pudding	Supper
 Monday	Jumbo Fish Fingers & Beans Or Selection of Sandwiches	Jam & Coconut Sponge & Custard	
 Tuesday	Homemade Leek & Potato Soup Or Selection of Sandwiches	Banana Delight	
 Wednesday	Pork Pie & Peas with Mint Sauce Or Selection of Sandwiches	Semolina	
 Thursday	Hot Dogs with Fried Onions Or Selection of Sandwiches	Fruit Scones with Jam & Cream	
 Friday	Homemade Mushroom Soup Or Selection of Sandwiches	Jam Roly Poly with Custard	
 Saturday	Cheese & Onion Pasty with Beans Or Selection of Sandwiches	Jam Doughnuts	
 Sunday	Prawn Salad Platter Or Selection of Sandwiches	Treacle Sponge with Custard	

With any drink of your choice

						
Tea	Coffee	Water	Milk	Juice	Hot Chocolate	Horlicks