


main meal menu

Spring Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Tuna & Sweet Corn Pasta Bake - Broccoli & Red Pepper Frittata	Chicken Mediterranean Style with Mashed Potatoes - Mushroom & Spinach Lasagne With Garlic Ciabatta	Honey Roast Gammon with Roast Potatoes, Sage Stuffing & Gravy - Quorn Noodle Stir Fry With Chilli Soy Dressing	Chilli Con Carne & Fragrant Rice - Bean & Vegetable Hot Wraps with Oven Baked Potato Wedges & Guacamole	Crisp Fish  - Leek & Mature Cheddar Tart
Vegetables & Potatoes	Carrots & Green Beans	Sweet corn Broccoli	Carrots Green Beans	Mixed Mexican Style Vegetables	Chips Garden Peas
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Pasta or Noodles	With Sauce (V)	With Sauce (V)	With Sauce (V)	With Sauce (V)	With Sauce (V)
Desserts	Apple Oat Crumble with Custard	Raisin & Sultana Sponge Pudding with Custard	Rice Pudding with Jam Sauce	Steamed Chocolate Sponge with Hot Chocolate Sauce	Treacle Tart with Custard

We look forward to seeing you!




 **Marine Stewardship Council Details**
Web Site. www.msc.org Chain of Custody Registration Code MML-C-1009



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Spring Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Meat Balls in Tomato Sauce with Oregano - Thai Green Pumpkin Curry with Red Lentils	Chicken & Mushroom Pie - Vegetarian Sausage, Sage & Onion casserole with Yorkshire pudding	Lasagne - Broccoli Quiche	Sausages with Onion Gravy - Hoi Sin Quorn & Vegetable Noodles	Crisp Fish  - Mixed Pepper & Mozzarella Turnover
Vegetables & Potatoes	Spaghetti Green Beans	Mashed Potato Mixed Vegetables	New Potatoes Carrots Peas	Mashed Potatoes Cabbage Sweet corn	Mixed Salad Peas Chips
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Pasta or Noodles	With Sauce (V)	With Sauce (V)	With Sauce (V)	With Sauce (V)	With Sauce (V)
Desserts	Apricot Flapjack With Custard	Marbled Orange & Lemon Sponge	Carrot Cake	Pineapple Meringue Pie	Brambly Apple Pie with Custard

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Spring Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Stir Fried Turkey with Sweet & Sour Sauce - Macaroni Cheese	Minced Beef & Onion Pie - Vegetarian All Day Breakfast Omelette	Roast Leg of Pork With Apple Sauce - Aubergine, Mushroom & Lentil Moussaka	Chicken Jalfrezi With Sambols - Chick Pea & Spinach Masala	Crisp Fish  - Vegetarian Cornish Style Pasty
Vegetables & Potatoes	Rice Vegetable Stir Fry	Mashed Potatoes Peas Carrots	Roast or New Potatoes Cabbage Sweetcorn	Rice Steamed Floret Vegetables	Chips Green Beans
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Pasta or Noodles	With Sauce (V)	With Sauce (V)	With Sauce (V)	With Sauce (V)	With Sauce (V)
Desserts	Treacle Suet Pudding (v) with Custard	Apple Strudel & Custard	Banana Cake with Custard	Rhubarb Crumble With Custard	Lemon Drizzle Cake

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Spring Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Spaghetti Bolognese - Cheese & onion Flan With New Potatoes	Turkey & Mixed Pepper Fajitas with Mexican Tomato & Sweet corn Salsa - Roast Vegetable & Red lentil Cottage Pie with Herb Mash	Steak & Mushroom Pie - Stuffed Roasted Pepper with Fruity Couscous	Creamy Chicken & Bacon Pasta - Spanish Style Tortilla with Red Onions, Paprika & New Potatoes	Crisp Fish  - Spicy Bean Burger in a Bun
Vegetables & Potatoes	Cabbage Sweet corn	Rice Broccoli	Mashed Potatoes Sweet corn Carrots	Green Beans Grilled Tomatoes	Peas Chips Coleslaw
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Pasta or Noodles	With Sauce (V)	With Sauce (V)	With Sauce (V)	With Sauce (V)	With Sauce (V)
Desserts	Lemon Meringue Pie	Pear and Berry Crumble	Sultana Sponge with Custard	Bread & Butter Pudding	Strawberry Oat Cake

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