

Summer Wk 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Tuna & Tomato Pasta Bake with Cheesy Topping -o0o- Chick Pea & Roasted Vegetable Curry with Rice	Chinese Style Chicken Drumsticks with Vegetable Fried Rice -o0o- Vegetarian Spaghetti Bolognese	Lasagne with Coleslaw -o0o- Vegetable Fajitas with Mexican Spiced Potatoes	Ham & Leek Pie -o0o- Spinach, Cheese & Red Onion Flan	Crisp Battered Fish -o0o- Vegetable, Lentil & Onion Pie with Chips
Vegetables	Peas Carrots	Summer Salad Sweetcorn	Broccoli Green Salad	Mashed Potatoes Carrots & Green Beans	Chips Garden Peas
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Pasta	Cheese Sauce (v)	Tomato & Herb Sauce (V)	Cheese Sauce (v)	Tomato and Herb Sauce (v)	Three cheese
Desserts	Apple Crumble with Custard	Lemon Sponge with Custard	Pear Turnover with Custard	Jam Roly-Poly Suet Pudding with Custard (Vegetarian suet)	Steamed Chocolate Pudding with Hot Chocolate Sauce

We look forward to seeing you!

Marine Stewardship Council Details

Web Site. www.msc.org Chain of Custody Registration Code MML-C-1009
Menu subject to variation



Summer Wk 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Thai Style Chicken & Vegetable Curry with Fragrant Rice -o0o- Macaroni Cheese Bake (V)	Cottage Pie with Cheese & Red Onion Mash -o0o- Lentil & Aubergine Korma with Steamed Rice	Sweet & Sour Pork with Noodles & Stir-Fried Vegetables -o0o- Vegetarian Chilli with Jacket Wedges & Salad (V)	Spaghetti Bolognaise -o0o- Mushroom & Spinach Flan Baked New Potatoes (V)	Crisp Battered Fish -o0o- Spanish Omelette (V)
Vegetables	Green Beans Carrots	Spring Greens Sweetcorn	Garden Peas	Salad Steamed Carrots	Chips Peas
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Pasta	Cheese Sauce (v)	Tomato & Herb Sauce (V)	Cheese Sauce (v)	Tomato and Herb Sauce (v)	Three cheese
Desserts	Fruit Crumble with Custard	Banana Cake with Custard	Apple Pie & Custard	Rice pudding with Jam Sauce	Treacle Suet Pudding with Custard (Veg Suet)

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Summer Wk 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Chilli Mince & Pasta Bake -o0o- Chick Pea Masala with Fragrant Rice (V)	Sausages with Mash & Onion Gravy -o0o- Vegetarian Cornish Pasty with Mash & Onion Gravy (V)	Chicken Tikka Masala with Steamed Rice -o0o- Vegetable Lasagne with Coleslaw (V)	Minced Beef & Onion Pie -o0o- Country Vegetable Stew with Mint & Parsley Dumplings (V)	Crisp Battered Fish -o0o- Sweet corn & Red Onion Quiche (V)
Vegetables	Green Beans Carrots	Peas	Broccoli & Cauliflower Provençal	Mashed Potatoes Sweet corn	Chips Peas
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Pasta	Cheese Sauce (v)	Tomato & Herb Sauce (V)	Cheese Sauce (v)	Tomato and Herb Sauce (v)	Three cheese
Desserts	Apple Crumble with Custard	Steamed Chocolate Pudding with Hot Chocolate Sauce	Peach Turnover with Custard	Marbled Lemon Sponge with Custard	Fruit Flapjack with Custard

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Summer Wk 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Chicken Korma with Fragrant Rice -o0o- Vegetarian Cottage Pie (V)	Spaghetti Bolognese -o0o- Vegetarian French Bread Pizza with Oven Baked Potato Wedges (V)	Honey Roast Gammon with Roast Potatoes & Gravy -o0o- Thai Green Vegetable & Bean Curry with Coconut, Coriander & Noodles (V)	Cajun Spiced Turkey & Vegetable Jambalaya -o0o- Chickpea & Ratatouille Pasta Bake with Cheesy Crumb Topping (V)	Crisp Battered Fish -o0o- Spanish Omelette (V)
Vegetables	Cauliflower Bhajee Carrots	Mixed Salad Coleslaw Sweetcorn	Carrots Broccoli	New Potatoes Mixed Salad	Chips Peas
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Pasta	Cheese Sauce (v)	Tomato & Herb Sauce (V)	Cheese Sauce (v)	Tomato and Herb Sauce (v)	Three cheese
Desserts	Apple & Raisin Sponge Pudding	Pear & Summer Berry Crumble	Marbled Chocolate & Marmalade Sponge	Cinnamon Cake with Custard	Bananas with Custard

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