


main meal menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Dish	Chilli Con Carne With Rice	Chicken, Chive and Leek Pie	Roast Dinner Day served with all the trimmings!	Beef and Root Vegetable Stew topped with a Herb Scone	Crisp Fish served with Tartare Sauce and Lemon Wedge
Vegetarian Dish	Roasted Vegetable and Lentil Lasagne with Garlic Bread	Special Fried Rice with Vegetables and Quorn	Vegetable and Sweet Potato Curry with Rice & Naan Bread	Cauliflower and Broccoli Bake	Vegetable Burritos with Paprika Potatoes
Vegetables Potatoes Rice	Green beans Mixed Salad Baked Potato Wedges	Sweetcorn Broccoli New Potatoes	Mixed Roasted Vegetables Crispy Roast Potatoes	Carrots Green Beans Mashed Potatoes	Garden Peas / Mushy Peas Chips
Smart Food	<p>Salad will be available daily as an alternative to Vegetables</p> <p>A selection from Baked Jacket Potatoes / Pasta / Wraps will be available every day with sauces and toppings</p>				
Hot Desserts (v)	Pear and Berry Crumble with Custard	Apple and Cinnamon Pie with Custard	Traditional Rice Pudding with Jam	Chocolate and Banana Bread and Butter Pudding	Eves Pudding 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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main meal menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Dish	Shepherd's Pie	Chicken and Vegetable curry	Roast Dinner Day served with all the trimmings!	Steak and Mushroom Pie	Crisp Fish served with Tartare Sauce and Lemon Wedge
Vegetarian Dish	Sweet and Sour Vegetables With Quorn and Noodles	Macaroni Cheese	Roasted Vegetable and Mozzarella Wellington	Spinach and Soft Cheese Cannelloni & Garlic Flat Bread	Caramelised Red Onion and Feta Cheese Turnover
Vegetables Potatoes Rice	Carrots Green Beans	Broccoli Pilau Rice Bombay Potatoes	Cabbage Sweet Corn Garlic & Herb Roast Potatoes	Cauliflower Carrots Mashed Potatoes	Garden Peas / Mushy Peas Chips
Smart Food	Salad will be available daily as an alternative to Vegetables A selection from Baked Jacket Potatoes / Pasta / Wraps will be available every day with sauces and toppings				
Hot Desserts (v)	Chocolate Sponge and Chocolate Sauce	Apple Crumble with Custard	Cherry Pie with Vanilla Cream	Banana Cake with Vanilla Sauce	Bakewell Tart with Custard

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Dish	Sausages with Onion Gravy	Baked Meatball Pasta Bake	Roast Dinner Day! Served with all the trimmings!	Chicken and Mixed Sweet Peppers Pastry Slice	Crisp Fish served with Tartare Sauce and Lemon Wedge
Vegetarian Dish	Vegetarian Spaghetti Bolognese	Tuscan Bean and Butternut Risotto	Harvest Vegetable and Lentil Bake with Sliced Potatoes	Spicy Vegetarian Goulash	Tomato and Vegetable Calzone
Vegetables Potatoes Rice	Carrots Cauliflower Mashed Potatoes	Broccoli Sweetcorn Garlic Bread	Cabbage Carrots Roast Potatoes	Green Beans New Potatoes Braised Rice	Garden peas / mushy peas Chips
Smart Food	<p>Salad will be available daily as an alternative to Vegetables</p> <p>A selection from Baked Jacket Potatoes / Pasta / Wraps will be available every day with sauces and toppings</p>				
Hot Desserts (v)	Jam Sponge with Custard	Lemon Meringue Pie with Custard	Chocolate Rice Pudding	Plum Crumble Bake	Mixed Fruit Strudel with Custard

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