

WEEK 1

03/09/2018, 24/09/2018, 15/10/2018, 12/11/2018,
03/12/2018, 07/01/2019, 28/01/2019

WEEK 2

10/09/2018, 01/10/2018, 29/10/2018, 19/11/2018,
10/12/2018, 14/01/2019, 04/02/2019

WEEK 3

17/09/2018, 08/10/2018, 05/11/2018, 26/11/2018,
17/12/2018, 21/01/2019, 11/02/2019

**FRESH
HEALTHY
TASTY**

MONDAY

Chicken Sausages with Mashed Potatoes & Gravy
or
Jacket Potato with Baked Beans (v)
Sweetcorn, Garden Peas
Rice Pudding with Seasonal Berries

Spaghetti Bolognaise
or
Vegetable Chow Mein (v)
Green Beans, Cauliflower
Banana Custard

Jamaican Lamb Pie with New Potatoes
or
Sweet Lentil Tomato Pasta (v)
Garden Peas, Cauliflower
Shortbread & Yoghurt

TUESDAY

Beef Goulash with Steamed Rice
or
Mac & Cheese (v)
Green Beans, Shredded Carrots
Peach Crumble with Custard

Piri Piri Chicken with Vegetable Rice
or
Tomato & Basil Pasta (v)
Sweetcorn, Broccoli
Apple Crumble with Custard

Chicken Tikka Masala with Rice
or
Mushroom and Chick Pea Burger
with Oven Baked Wedges (v)
Shredded Carrots, Green Beans
Victoria Sponge with Custard

WEDNESDAY

Roast Chicken with Stuffing, Gravy & Roast Potatoes
or
Quorn Korma with Rice (v)
Sliced Carrots, Cabbage
Lemon Drizzle Cake

Cottage Pie
or
Spicy Vegetable Burrito with Rice (v)
Medley of Vegetables, Salad Bar
Syrup Sponge with Custard

Roast Beef with Gravy & Roast Potatoes
or
Vegetable Biryani (v)
Broccoli, Sliced Carrots
Butternut Squash & Orange Cake

THURSDAY

Beef Lasagne with Garlic Bread
or
Quorn Paella (v)
Broccoli Florets, Cauliflower
Pineapple Upside Down Cake
with Custard

Sweet& Sour Chicken with Rice
or
Vegetable Bolognaise (v)
Garden Peas, Shredded Carrots
Courgette & Lime Cake

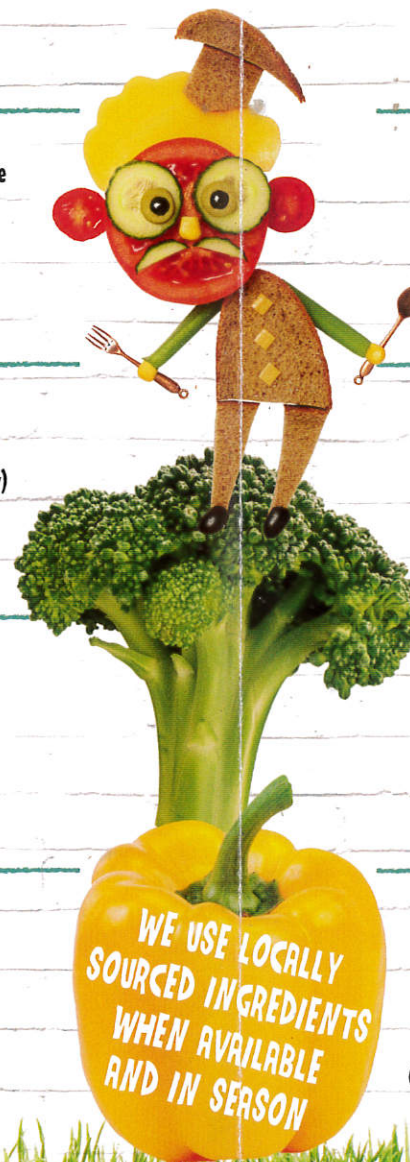
Chicken Pasta Bake with Garlic Bread
or
Roasted Vegetable Cous Cous (v)
Medley of Vegetables, Salad Bar
Orange Jelly & Peaches (v)

FRIDAY

MSC Fish Fingers with Chips
or
Cheese & Leek Pasty with Chips (v)
Baked Beans, Oven Baked Courgettes
Chocolate Sponge with Chocolate Sauce

MSC Fillet of Cod with Chips
or
Vegetable Lasagne with Chips (v)
Baked Beans, Oven Baked Tomato
Flapjack

Cheese and Tomato Pizza
with Oven Baked Wedges (v)
or
Smoked Mackerel Kedgeree
Sweetcorn & Peppers, Oven Baked Courgettes
Chocolate & Pear Sponge with Chocolate Sauce



WE USE LOCALLY
SOURCED INGREDIENTS
WHEN AVAILABLE
AND IN SEASON



Smile food that makes you happy

(V) Suitable for Vegetarians

SERVED DAILY – FRESHLY BAKED BREAD, FRESH FRUIT, YOGHURTS AND FRESH DRINKING WATER.