

Week

1

Monday

Meatballs with Freshly made Tomato Sauce
or Five Bean Chill (v)
(Mixed beans cooked in a spicy tomato sauce)
Pasta
Sweetcorn, Cauliflower and Broccoli
Iced Vanilla Sponge and Custard

Tuesday

Chicken Curry with Naan Bread
(Tender pieces of chicken in a light curry sauce)
Cauliflower and Sweet Potato Curry (v)
Long-Grain Rice
Peas
Cookies

Wednesday

Roast Pork with Apple Sauce and Gravy
or Cheese and Red Onion Quiche (v)
Roast Potatoes
Carrots, Sweet Potato and Leek Bake, Peas
Apple Flapjack

Thursday

Bacon Carbonara
(Bacon and pasta baked in a white sauce with a cheese topping)
or Roast Vegetable Pasta Bake (v)
(Selection of vegetables and pasta baked in a white sauce with a cheese topping)
Jacket Wedges
Broccoli
Chocolate and Orange Sponge with Chocolate Sauce

Friday

Beef Strips in Gravy served in a Yorkshire Pudding
or Quorn Strips in Gravy served in a Yorkshire Pudding (v)
Creamed Potatoes
Carrots, Sweetcorn
Coleslaw
Fruit Yoghurt

Menu Weeks

12/09/2016
03/10/2016
31/10/2016
21/11/2016
12/12/2016
16/01/2017
06/02/2017
06/03/2017
27/03/2017

Week

2

Monday

Freshly made Beef Pie with Gravy
Freshly made Vegetable Pie with Gravy (v)
Creamed Potatoes
Carrots, Peas
Cookie

Tuesday

Pork Sausages
Vegetarian Sausage (v)
Chips
Sweetcorn
Lemon & Jelly Trifle

Wednesday

Roast Chicken with Yorkshire Pudding and Gravy
Roasted Vegetables and Cheese Parcel (v)
(Selection of roasted vegetables with cheese wrapped in puff pastry)
Roast Potatoes
Carrots, Broccoli and Cauliflower
Coconut and Chocolate Brownie

Thursday

Beef Lasagne
(Lean minced beef cooked in a rich tomato sauce)
Cheesy Pasta (v)
Fresh Bread, Baby Potatoes
Green Beans
Fruit Yoghurt

Friday

Pizza with a Selection of Toppings (v)
Jacket Wedges
Sweetcorn, Broccoli
Fruity Coleslaw
Selection of Fruit Muffins

Menu Weeks

19/09/2016
10/10/2016
07/11/2016
28/11/2016
02/01/2017
23/01/2017
13/02/2017
13/03/2017
03/04/2017

Week

3

Monday

Gammon Steak with Pineapple
Pasta Neapolitan (v)
(Pasta served in a freshly made tomato sauce with a cheese topping)
Boiled Potatoes
Fresh Bread Wedge
Sweetcorn
Green Beans
Cookie

Tuesday

Beef in Black Bean Sauce
or Savoury Tortilla Tart (v)
Noodles
Broccoli
Toffee and Chocolate Sundae

Wednesday

Roast Beef and Yorkshire Pudding with Gravy
or Leek, Cabbage and Sweet Potato Bake (v)
Roast Potatoes
Carrots, Cabbage, Peas
Selection of Vanilla and Chocolate Cupcakes

Thursday

Big Breakfast
(Bacon, sausage, mushrooms, fresh tomatoes, scrambled egg)
or Vegetarian Breakfast (v)
Fresh Bread Wedge
Jacket Wedges
Baked Beans, Peas
Fruit Yoghurt

Friday

Cottage Pie and Gravy
or Quorn Pie and Gravy (v)
Chips
Sweetcorn, Carrots
Coleslaw
Syrup Sponge and Custard

Menu Weeks

05/09/2016
26/09/2016
17/10/2016
14/11/2016
05/12/2016
09/01/2017
30/01/2017
27/02/2017
20/03/2017

Homemade Fresh Bread, Selection of Salads, Fresh Fruit and Fruit Yoghurts are available daily. The menu may vary on promotional days.