

MAKE

GOOD CHOICES.

WEEK ONE MENU

MONDAY

Chicken Breast Fillet with Tomato & Basil Sauce

V Quorn Sausage and Winter Vegetable Cassoulet

Vegetables: Jacket Wedges, Broccoli, Sweetcorn, Baked Beans, Mixed Garden Salad

TUESDAY

Thai Green Chicken & Vegetable Curry with Mixed Rice

V Posh Fish Finger Sandwich served with Lemon Mayo

Vegetables: Spicy Diced Potatoes, Garden Peas, Roasted Vegetables, Baked Beans
Mixed Garden Salad

WEDNESDAY

Roast of the Day with Traditional Accompaniments

V Oven Baked Cheese Topped Leek & Potato Layer

Vegetables: Roast Potatoes, Baton Carrots, Savoy Cabbage, Baked Beans
Mixed Garden Salad

THURSDAY

Savoury Minced Beef & Onion Cobbler

V Wholemeal Cheese & Tomato Pasta Bake

Vegetables: Herby Potatoes, Green Beans, Mixed Vegetables, Baked Beans
Mixed Garden Salad

FRIDAY

Deep Fried Fish with Lemon

V Vegetable Curry served with 50/50 Rice

Vegetables: Chips, Peas, Baked Beans, Mixed Garden Salad

AVAILABLE DAILY:

Homemade Soup, Filled Jacket Potatoes, Pasta Bar Offer, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads, Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks

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WEEK TWO MENU

MONDAY

Traditional "All Day Breakfast"

V Vegetarian "All Day Breakfast"

Vegetables: Jacket Wedges, Grilled Tomatoes, Garden Peas, Baked Beans
Mixed Garden Salad

TUESDAY

Golden Potato Topped Cottage Pie

V Pasta Primavera

Vegetables: Spicy Diced Potatoes, Sweetcorn, Green Beans, Baked Beans
Mixed Garden Salad

WEDNESDAY

Roast of the Day with Traditional Accompaniments

V Tuscan Bean Casserole

Vegetables: Roast Potatoes, Seasonal Greens, Mixed Vegetables, Baked Beans
Mixed Garden Salad

THURSDAY

Spiced Chicken Tikka with Braised Rice

V Sweet Chilli Quorn & Vegetable Wrap

Vegetables: Herby Baked Potatoes, Broccoli, Diced Carrots, Baked Beans
Mixed Garden Salad

FRIDAY

Deep Fried Fish with Lemon

V Savoury Cheese & Tomato Flan

Vegetables: Chips, Peas, Baked Beans, Mixed Garden Salad

AVAILABLE DAILY:

Homemade Soup, Filled Jacket Potatoes, Pasta Bar Offer, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads, Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks

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WEEK THREE MENU

MONDAY

Freshly Made Tuna Pasta Bake

V Creamy Herb Topped Macaroni Cheese

Jacket Wedges, Garden Peas, Roasted Vegetables, Baked Beans
Mixed Garden Salad

TUESDAY

Homemade Minced Beef & Onion Pie

V Oven Baked Mediterranean Vegetable Lasagne

New Potatoes, Sweetcorn, Green Beans, Baked Beans
Mixed Garden Salad

WEDNESDAY

Roast of the Day with Traditional Accompaniments

V Chinese Sweet & Sour Vegetable Chow Mein

Roast Potatoes, Cauliflower, Sliced Carrots, Baked Beans
Mixed Garden Salad

THURSDAY

Sausage & Mash with Onion Gravy

V Tangy Cheese & Red Onion Flan

Mash Potato, Broccoli Florets, Mixed Vegetables, Baked Beans
Mixed Garden Salad

FRIDAY

Deep Fried Fish with Lemon

V Quorn Vegetable Burger

Chips, Peas, Baked Beans, Mixed Garden Salad

AVAILABLE DAILY:

Homemade Soup, Filled Jacket Potatoes, Pasta Bar Offer, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads, Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks