

Week 1

Monday

Selection of Fish
(Including gluten free salmon fish fingers)

Free Range Cheese & Red Onion Quiche (v)

Creamed Potatoes
Herby Pasta
Peas, Baked Beans

Iced Sponge & Custard

Tuesday

Beef Grill
(80% beef with spinach and broccoli gluten free option available or optional topping of cheese & onion)

Pasta Neapolitan (v)
(Pasta served in a freshly made tomato sauce with a cheese topping)

Jacket Wedges
Fresh Bread Wedge
Sweetcorn, Green Beans

Chocolate Mousse Slice

Wednesday

Roast Pork with Apple Sauce & Gravy
Mushroom & Quorn Plait (v)

Roast & Creamed Potatoes
Carrots, Broccoli
Leek & Sweet Potato Bake

Flapjack with Milkshake

Thursday

Bolognese Selection of Fish
Vegetable Bolognese (v)

Baby Potatoes
Spaghetti, Baked Beans
Carrots

Rice Pudding with Raspberry Coulis

Friday

Pizza with a Selection of Toppings
Marinated Chicken
(Either Mediterranean bbq or tikka flavour)

Quorn Fillet with Sweet & Sour Sauce (Optional) (v)

Chips, Noodles
Sweetcorn, Peas

Fruity Friday
Fruit Jelly
Assorted Yoghurts
Fruit Platter
Fruit Salad

Menu Weeks

24/04/17	12/02/18
15/05/17	12/03/18
12/06/17	
03/07/17	
24/07/17	
18/09/17	
09/10/17	
06/11/17	
27/11/17	
18/12/17	
22/01/18	

Week 2

Monday

Chicken Curry with Naan Bread
(Tender pieces of chicken in a light curry sauce)

Selection of Fish
Cauliflower & Sweet Potato Curry (v)

Brown & White Long Grain Rice
Baby Potatoes
Baked Beans, Peas

Raspberry Swirl & Custard

Wednesday

Roast Beef with Yorkshire Pudding & Gravy
Vegetable Sausage with Yorkshire Pudding & Gravy (v)

Roast & Creamed Potatoes
Carrots, Cabbage
Cauliflower

Chocolate Sponge with Chocolate Sauce

Friday

Pizza with a Selection of Toppings
Gammon Steak with Pineapple

Jacket Wedges, Pasta
Baked Beans, Sweetcorn

Selection of Fruit Muffins
(Including blueberry)

Tuesday

Pork & Carrot (Gluten Free)
Meatballs with Freshly made Tomato Sauce

Cheese, Onion & Potato Pie (v)

Pasta
Baked Beans
Broccoli

Cookie with Milkshake

Thursday

Freshly made Beef Pie with Gravy
Selection of Fish
(Including gluten free salmon fish fingers)

Freshly made Vegetable Pie with Gravy (v)

Chips, Creamed Potatoes
Peas, Carrots

Cheese & Crackers
Jelly Sundae

Menu Weeks

01/05/17	26/02/18
22/05/17	19/03/18
19/06/17	
10/07/17	
04/09/17	
25/09/17	
16/10/17	
13/11/17	
04/12/17	
08/01/18	
29/01/18	

Week 3

Monday

Crispy Chicken with Sweet & Sour Sauce
Macaroni Cheese (v)

Noodles
Fresh Bread Wedge
Green Beans
Sweetcorn

Strawberry Mousse Slice

Wednesday

Roast Chicken with Gravy
Quorn Fillet with Gravy (v)

Roast & Creamed Potatoes
Carrots
Peas
Cauliflower Cheese

Cookie with Milkshake

Friday

Pizza with a Selection of Toppings
Beef & Potato Gratin

Herby Pasta
Baby Potatoes
Carrots
Sweetcorn

Selection of Vanilla & Chocolate Cupcakes

Tuesday

Beef Fajitas
Selection of Fish
(Including gluten free salmon fish fingers)
Five Bean Chilli (v)

Chips, Brown & White Long Grain Rice
Peas, Baked Beans

Ginger & Orange Sponge with Custard

Thursday

Local Pork Sausages with Gravy
(Gluten free option available)
Cheese & Herb Plait (v)
Vegetable Sausage (v)

Jacket Wedges
Creamed Potatoes
Baked Beans
Broccoli

Eve's Pudding & Custard

Menu Weeks

08/05/17	05/03/18
05/06/17	26/03/18
26/06/17	
17/07/17	
11/09/17	
02/10/17	
30/10/17	
20/11/17	
11/12/17	
15/01/18	
05/02/18	

Available daily: Freshly made bread, selection of salads, fresh fruit and assorted yoghurts as an alternative to dessert of the day. The menu may vary on promotional days.

Allergy information available on request.