

WEEK ONE

Monday	Tuesday	Wednesday	Thursday	Friday
Chinese 5 Spice BBQ Marinated Beef	Chicken Sausages	Roast Lamb, served with gravy & mint sauce	Beef Lasagne	Cheese and Tomato Pizza
Vegetarian Chilli	Quorn Sausage	Cheese and Tomato Swirls	Vegetable Lasagne	Vegetable Samosas
Steamed Rice	Creamed Potatoes	Roast Potatoes	Pasta	Healthy Fries
Glazed Carrots	Mixed Vegetables	Swede & Carrot	Garlic Roasted Peppers, Onions & Courgettes	Baked Beans
Sweetcorn	Baked Beans	Cabbage	Green Beans	Sweetcorn
Vanilla Sponge, served with custard	Trifle	Gateaux	Chocolate Cake, served with chocolate custard	Ice Cream, served with toffee sauce
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar
Daily choice of fresh rolls or speciality bread	Daily choice of fresh rolls or speciality bread	Daily choice of fresh rolls or speciality bread	Daily choice of fresh rolls or speciality bread	Daily choice of fresh rolls or speciality bread
Daily choice of fresh fruit , yogurt or cheese & crackers	Daily choice of fresh fruit , yogurt or cheese & crackers	Daily choice of fresh fruit , yogurt or cheese & crackers	Daily choice of fresh fruit , yogurt or cheese & crackers	Daily choice of fresh fruit , yogurt or cheese & crackers