

Week 1

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Monday

Thin & Crispy Cheese & Tomato Pizza Using a Rich 5 a day Tomato sauce & low fat Mature Cheddar on a thin & crispy base V

Vegetarian Parcel Roasted Vegetables and Mixed Beans in a Herby Tomato Sauce wrapped in Puff Pastry V

Herby Diced Potatoes, Big Salad Bar - Fresh Green Salad, Pasta Salad, Mixed Bean Salad, Coleslaw, Homemade Bread Selection

Homemade Feather Iced Fruit Sponge

Tuesday

Big Breakfast - Bacon, Sausage, Scrambled Egg, Vegetarian Sausage & Scrambled Egg V

Oven Baked Potato Smiles, Mushrooms, Plum Tomato, Baked Beans, Seasonal Salad Bar, Homemade Bread Selection,

Mini Cookie Selection with Milkshake

Wednesday

Roast Chicken Roast Chicken Breast, Sage & Onion Stuffing Served with a Rich & Tasty Gravy

Roasted Vegetable Pasta Bake Roasted Mixed Vegetables & Pasta combined with a Garlic & Herb Sauce V

Crisp Roast Potatoes, Creamed Sweet Potato Mash, Oven Roast Parsnips, Fresh Broccoli/Cauliflower, Garden Peas, Homemade Bread Selection including Granary

Fruit Jelly topped with a Swirl of Cream

Thursday

Italian Bolognese Fresh Mince Beef cooked in a Rich Tomato based Sauce

Vegetarian Bolognese Quorn Mince cooked in a Rich Tomato based Sauce V

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Bar, Garlic Bread

Fruit Crumble Served with Custard

Friday

Jumbo Cod Fish Finger Fillet of Fish Coated in a Crispy Breadcrumbs or Salmon Fishcake

Homemade Vegetable Croquettes Creamed Potato mixed with Vegetables & Cheese, coated in Light Breadcrumbs

French Fries or Lemon couscous, Mushy Peas, Baked Beans, Garden Peas, Seasonal Salad Bar, Homemade Bread Selection

Whipped Chocolate & Banana Mousse



Week 2

2



Monday

Beef Burgers Lean Mince Beef Pattie served with a Soft White Bap

Quorn Burger Served in a Soft White Bap V

Homemade Potato Wedges, Garden Peas, Golden Sweetcorn, Homemade Coleslaw, Seasonal Salad Bar, Soft White Burger Bap,

Homemade Raspberry Buns

Tuesday

Chicken Curry Tender Pieces of Chicken in a Light Curry Sauce

Tomato & Quorn Bake Tender Quorn Pieces in a Roasted Vegetable & Tomato Sauce V

Mixed Brown & White Boiled Rice, Sambals - Tomato Wedges, Sliced Banana, Onion & Cucumber, Mint Yoghurt Dip, Seasonal Salad Bar, Naan Bread, Poppadum

Homemade Fruit Ripple Ice Cream

Wednesday

Roast Beef & Yorkshire Pudding Served with a Rich & Tasty Gravy

Oven Roasted Vegetables served in a Yorkshire pudding & topped with Grated Cheese V

Crisp Roast Potatoes, Light & Fluffy Mash, Roast Parsnips, Fresh Baton Carrots, Fresh Broccoli, Garden Peas, Homemade Bread Selection

Oaty Apple Flapjack

Thursday

Go Large Cheese & Tomato Pizza Rich 5 a day Sauce, low fat Cheese on a Wholemeal Base V

Mixed Bean Mushroom & Tomato Pasta Bake V

Big Salad Bar - Fresh Green Salad, Pasta Salad, Coleslaw, Homemade Bread Selection

Citrus Lemon Sponge served with a Lemon Sauce

Sandwich Bar

Available daily

Come dine with us



Friday

Whitby Battered Fillet of Fish White Fillet coated in a light Batter or Breaded Salmon Fishcake with Tomato Sauce

Pasta Neapolitan V

Chips, Mixed Pepper Couscous, Mushy Peas, Baked Beans, Garden Peas, Seasonal Salad Bar, Homemade Bread Selection including Granary

Homemade Iced Fruit Muffin Selection

Week 3

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Monday

Hunters Chicken Chicken Breast topped with Cheese, Served in a BBQ Sauce or **Homemade Breaded Chicken Strips**

BBQ Bake Tender pieces of Quorn served in a BBQ sauce topped with Cheese V

Herby Diced Potatoes or Boiled Rice, Golden Sweetcorn, Roasted Vegetable Medley, Seasonal Salad Bar, Homemade Granary Bread

Fresh Fruit Salad with a Shortbread Mini Biscuit

Tuesday

Homemade Breaded Chicken Fillet with Tomato Relish

Roasted Vegetable Pasta Bake Roasted Mixed Vegetables with Pasta, Garlic & Herb Sauce V

Golden Oven Baked Sliced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Bar, Homemade Bread Selection

Homemade Apple Whirl & Custard

Wednesday

Roast Pork Served with Sage & Onion Stuffing and Apple Sauce with a Rich & Tasty Gravy

Vegetarian Loaf fresh sliced/diced vegetables mixed with mixed beans & lentils V

Oven Roast Potatoes, Light & Fluffy, Swede & Potato Mash, Oven Roast Parsnips, Fresh Baton Carrots, Fresh Broccoli/Cauliflower, Garden Peas, Homemade Bread Selection

Strawberry & Chocolate Mousse with a Swirl of Cream

Thursday

Beef Bolognese Beef is cooked in a Rich Italian Tomato Sauce

Cheese & Egg Flan V

Pasta Twists or Baby New Potatoes, Seasonal Vegetable Selection, Seasonal Salad Bar, Homemade Bread Selection including Granary

Homemade Chocolate Fudge Cake & Green Mint Custard

Friday

Whitby Battered Fillet of Fish White Fillet coated in a light Batter or **Jumbo Cod Fish Finger** Fillet of Fish Coated in a Crispy Breadcrumbs

Crispy Garlic Bake V

Chips, Spicy Couscous, Seasonal Vegetable Selection, Baked Beans, Seasonal Salad Bar, Homemade Bread Selection

Homemade Fruit Danish Selection

