

Menu week One – 3rd & 24th Sept, 15th Oct 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE				
Wholewheat Beef Lasagne Garlic Bread Carrots & Peas	Roast Beef & Yorkshire Pudding Mashed Potato Cauliflower & Sprouts	Chicken Korma Rice Naan Bread Peas & Corn	Beef Cottage Pie Roast Potatoes Cabbage & Carrots	Fish & Chips Garden Peas Mushy Peas
VEGETARIAN COURSE				
Quorn Meatballs in Spicy Tomato Sauce Wholewheat Pasta Garlic Bread Carrots & Peas	Quorn Fillet & Yorkshire Pudding Roast Potatoes Cauliflower & Sprouts	Sweet Potato Lentil & Bean Curry Rice Naan Bread Peas & Corn	Cheese & Onion Quiche Roast Potatoes Mixed Salad	Fish & Chips Garden Peas Mushy Peas
ALTERNATIVE				
Jacket Potato Cheese & Beans Mixed Salad	Cheese Salad Wrap Potato Salad Mixed Salad	Ham/Egg Mayo Roll New Potatoes Mixed Salad	Jacket Potato Tuna & Sweetcorn Mayo Mixed Salad	Loaded Jacket Potato with Ham, Cheese & Tomato Mixed Salad
DESSERT				
Ice Cream Roll with Fresh Fruit Salad	Pineapple Upside-down Sponge & Custard	Mandarin Cheesecake	Chocolate Brownie Fresh Orange Juice	Raspberry Ripple Frozen Mousse