

Week 1: 29 Oct, 19 Nov, 10 Dec, 14 Jan, 4 Feb, 4 Mar, 25 Mar

The Ship's Galley Winter Menu 2018/19

Monday	Tuesday	Wednesday	Thursday	Friday
chicken & bacon pasta bake or fresh cheese & tomato bake with roasted seasonal veg & toffee apple sponge with custard	fresh beef stew & dumplings or veggie stew & dumplings with creamy mash & shortbread biscuit	roast pork or Linda McCartney roast with roast potatoes, vegetables yorkshire pudding and gravy & jelly & fruit	lasagne or veggie lasagne with carrots & peas & fruit crumble with custard	sizzling sausages or veggie sausages with chunky chips, baked beans and cucumber & carrot sticks & oat crunchie

Week 2: 5 Nov, 26 Nov, 17 Dec, 21 Jan, 11 Feb, 11 Mar, 1 Apr

Monday	Tuesday	Wednesday	Thursday	Friday
chicken curry or vegetable curry with 50/50 rice, sweetcorn and salad & fruity steam sponge with custard	pork & apple casserole or veggie casserole with creamy mash, seasonal veg and gravy & crispy fruit bar	roast ham or Linda McCartney roast with roast potatoes, vegetables yorkshire pudding and gravy & peaches & custard	cornish burgers or veggie burgers with oven cooked potato wedges, baked beans & homemade coleslaw & buttercrunch biscuit	salmon or Veggie balls with chips, garden peas and salad & cherry cake

Week 3: 12 Nov, 3 Dec, 7 Jan, 28 Jan, 25 Feb, 18 Mar

Monday	Tuesday	Wednesday	Thursday	Friday
ham & pineapple pizza or cheese & tomato pizza with fresh salad bar and blackberry & apple crumble with custard	sausage roll or cheese roll with boiled potatoes/potato salad, sweetcorn & carrot sticks & fruity flapjack	roast chicken or Linda McCartney roast with roast potatoes, vegetables yorkshire pudding and gravy & coconut cherry slice	spaghetti bolognese or veggie bolognese with fresh seasonal veg & berry sponge with custard	fish & chips or veggie cheese burger & chips with mushy peas & lemon drizzle cake

jacket potatoes, Fresh salad, fresh seasonal fruit and vegetables, milk and yoghurt are all available daily along with Fresh Bread

(rice and pasta are 50/50 brown/white)