

Week 1: 30th Oct, 20th Nov, 11th Dec, 8th Jan, 29th Jan, 26th Feb, 19th Mar

The Ship's Galley Winter Menu 2017/18

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 chicken or quorn with roast potatoes, vegetables yorkshire pudding and gravy & jelly & fruit with whipped cream	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: 6th Nov, 27th Nov, 18th Dec, 15th Jan, 5th Feb, 5th Mar, 26th Mar

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 quorn 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 & chips or cheesy chips with garden peas and salad & cherry cake

Week 3: 13th Nov, 4th Dec, 1st Jan, 22nd Jan, 19th Feb, 12th Mar

Monday	Tuesday	Wednesday	Thursday	Friday
homemade rustic 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 quorn with roast potatoes, vegetables yorkshire pudding and gravy & coconut cherry slice	spaghetti bolognese or veggie pasta bake with fresh seasonal veg & cherry cha cha 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 home baked w/meal bread (rice and pasta are 50/50 brown/white)