

Week 1

4/9/2017, 25/9/2017, 16/10/2017, 13/11/2017, 4/12/2017, 4/1/2018, 22/01/2018, 19/02/2018, 12/03/2018

Beef Burger in a Roll
Or
Stir Fried Vegetables with a Jacket Potato
Jacket Potato Wedges
Coleslaw, Salad
Chilled Choc Custard with Pears

MONDAY

Cheese & Tomato Puff
Or
Chicken Korma
Savoury Rice
Medley Roast Vegetables, Fresh Broccoli
Banana Muffin & Custard

TUESDAY

Roast Pork
Or
Sweet Potato and Vegetable Stew
Roast Potatoes
Fresh Carrots, Fresh Cauliflower
Strawberry Jelly with Fruit Salad

WEDNESDAY

Pasta Bolognaise
Or
Quorn Korma with Rice (ww)
Pasta 50% Wholemeal
Green Beans, Sweetcorn
Jam Roly Poly and Custard

THURSDAY

Fish Fingers
Or
Cheese Salad Sub
Chips
Peas, Baked Beans
Chocolate & Beetroot Brownie

FRIDAY

FRESH
HEALTHY
TASTY

Week 2

11/09/2017, 02/10/2017, 30/10/2017, 20/11/2017, 11/12/2017, 8/1/2018, 29/01/2018, 26/02/2018, 19/03/2018

Chicken Meat Balls in a Rich Tomato Sauce
Or
Roast Vegetable Tart
Penne Pasta (www)
Green Beans, Sweetcorn
Pineapple Crumble and Custard

MONDAY

Cheese and Tomato Pizza
Or
Veggie Sausages
Herby Diced Potatoes
BBQ Baked Beans, Mixed Salad
Orange Jelly with Peach Slices

TUESDAY

Roast Gammon
Or
Macaroni Cheese
Roast Potatoes
Cabbage, Carrots
Strawberry Mousse

WEDNESDAY

Cottage Pie
Or
cheese & veg. pie.
Mexican Rice (www)
Medley Vegetables, Broccoli
Orange Sponge and Custard

THURSDAY

Seaside Fish
Or
Cheese Salad Wrap
Chips
Tomato/Cucumber, Peas
Chocolate Oaty Squares

FRIDAY

Week 3

18/9/2017, 9/10/2017, 6/11/2017, 27/11/2017, 18/12/2017, 15/01/2018, 05/02/2018, 05/03/2018

Sausages in a Onion Gravy
Or
Sweet Tomato Pasta
Mashed Potatoes
Sliced Green Beans, Carrots
Ice Cream

MONDAY

Chicken Puff Pie (Gravy)
Or
Country Bake
Jacket Wedges Or New Potatoes
Sweet Corn and Peppers, Broccoli
Apple and Pear Crumble with Custard

TUESDAY

Roast Turkey
Or
Vegetable & Lentil Curry
Potatoes
Peas, Cauliflower
Fruit Flapjack

WEDNESDAY

Beef Lasagne
Or
Quorn Paella
Garlic Bread
Roasted Vegetables, Mixed Salad
Yogurt and Fruit

THURSDAY

Breaded Fish
Or
Jacket Potato with Beans and Cheese
(Choice From The Salad Bar)
Chips
Lemon Drizzle Cake (Custard)

FRIDAY

We use locally sourced ingredients when available and in season

Suitable for Vegetarians



Served Daily - Freshly baked bread, Freshly sliced fruit, yogurts and fresh drinking water.

Smile food that makes you happy