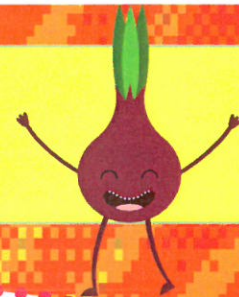




our Tummy Fillers



Week Commencing: 19th February and 12th March 2018

Week 1

Main Meal

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| Homemade Ham and Cheese Pizza served with Salad and Sweetcorn | Sausage Roll served with Creamed Potatoes and Baked Beans | Meatballs in a Tomato Sauce served with Boiled Rice and Green Beans | Roast Chicken served with Roast Potatoes, Yorkshire Pudding, Carrots, Peas and Gravy | Breaded Cod Fish Fingers served with Chips and Peas or Baked Beans |

Vegetarian Meal

| | | | | |
|--|--|---|---|--|
| Traditional Italian Margherita Pizza served with Salad and Sweetcorn | Rich Cheese and Potato Pie served with Baked Beans | Quorn Mince in a Tomato Sauce served with Boiled Rice and Green Beans | Broccoli Cheese Bake served with Roast Potatoes, Carrots and Peas | Cheese and Tomato Quiche served with Chips and Peas or Baked Beans |
|--|--|---|---|--|

Dessert

| | | | | |
|-------------------|---------------------|-------------------------|-------------------|---------------------|
| Cupcake Selection | Chocolate Oat Slice | Banana and Yoghurt Cake | Fresh Fruit Jelly | Orange Drizzle Cake |
|-------------------|---------------------|-------------------------|-------------------|---------------------|

Week Commencing: 26th February and 19th March 2018

Week 2

Main Meal

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| Beef and Tomato Pasta Bake topped with Cheese served with Garlic Bread and Salad | Brunch Bacon, Chipolata, Hash Brown and Baked Beans | Breaded Chicken Fillet served with Herby Diced Potatoes and Fresh Carrots | Locally Sourced Roast Loin of Pork with Roast Potatoes, Yorkshire Pudding, Green Beans, Carrots and Gravy | Breaded Cod fillet served with Chips and Baked Beans or Peas |

Vegetarian Meal

| | | | | |
|--|---|---|---|---|
| Roasted Vegetable Pasta Bake topped with Cheese served with Garlic Bread and Salad | Mixed Pepper Frittata served with Baked Beans | Roasted Vegetable and Mixed bean Tartlet served with Herby Diced Potatoes and Fresh Carrots | Cauliflower Cheese served with Roast Potatoes, Yorkshire Pudding, Green Beans and Carrots | Savoury Rice Stuffed Peppers served with Chips and Peas |
|--|---|---|---|---|

Dessert

| | | | | |
|--------------------------------|---------------------------------------|----------------|-------------------|--------------------|
| Shortbread with Flavoured Milk | Chocolate Sponge with Chocolate Sauce | Apple Flapjack | Cupcake Selection | Lemon Drizzle Cake |
|--------------------------------|---------------------------------------|----------------|-------------------|--------------------|

Week Commencing: 15th March and 26th March 2018

Week 3

Main Meal

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| Chilli Con Carne served with Rice and Tortilla Chips | Beef Lasagne served with Sweetcorn, Garlic Bread and Salad | Locally Sourced Additive Free Butchers Sausages with Creamed Potatoes and Peas or Baked Beans | Roast Turkey with Roast Potatoes, Sage and Onion Stuffing, Green Beans, Carrots and Gravy | Battered Jumbo Fish Finger or Salmon Fishcake served with Chips and Peas or Baked Beans |

Vegetarian Meal

| | | | | |
|---|--|---|---|---|
| Macaroni Cheese served with Seasonal Vegetables | Vegetarian Lasagne served with Sweetcorn, Garlic Bread and Salad | Cheese and Broccoli Quiche served with Creamed Potatoes and Peas or Baked Beans | Roasted Cheese and Herb Stuffed Mushroom with Roast Potatoes, Green Beans and Carrots | Cheese and Potato Pasty served with Chips and Peas or Baked Beans |
|---|--|---|---|---|

Dessert

| | | | | |
|-------------|-----------------------|---------------------------|-------------------------|---------------------------|
| Carrot Cake | Chocolate Crispy Cake | Syrup Sponge with Custard | Fruit Cupcake Selection | Ice Cream and Fresh Fruit |
|-------------|-----------------------|---------------------------|-------------------------|---------------------------|

Available Every Day

our Salad Feast

Freshly Prepared Salad Bar, Fresh Fruit, Fruit Yoghurt and Sliced Wholemeal Bread. Jacket Potatoes available as an additional choice with a selection of two fillings

FOOD ALLERGIES & INTOLERANCES

IF YOU SUFFER FROM EITHER OF THE ABOVE, PLEASE SPEAK TO THE CHEF MANAGER PRIOR TO PLACING YOUR ORDER WE WILL BE PLEASED TO DISCUSS THE CONTENTS OF ANY DISH WITH YOU