

# our Tummy Fillers

Week Commencing: 4th June, 25th June, 16th July, 3rd September, 24th September and 15th October 2018

## Week 1

### Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
E&B Butchers Beef Burger in a Bun with Homemade Jacket Wedges and Tomato Sauce served with Peas and Coleslaw	Traditional Spaghetti Bolognaise served with Green Beans, Carrots and Homemade Wholemeal Garlic Bread	Roast Pork served with New Potatoes, Cabbage, Seasonal Vegetables and Gravy	Homemade Chicken and Sweetcorn Pie served with Mashed Potatoes, Broccoli and Sweetcorn	Breaded Fish Fingers served with Chips, Tomato Sauce, Peas and Baked Beans

### Alternative Main

Quorn Burger in a Bun with Homemade Jacket Wedges and Tomato Sauce served with Peas and Coleslaw	Macaroni Cheese served with Green Beans, Carrots and Homemade Garlic Bread	Roasted Quorn Fillet served with Stuffing, New Potatoes, Cabbage, Seasonal Vegetables and Gravy	Cheese Quiche served with Homemade Jacket Wedges, Tomato Sauce, Broccoli and Sweetcorn	Vegetarian Tortilla Layer served with Chips, Tomato Sauce, Peas and Baked Beans
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### Dessert

Jam Shortbread with Custard	Fruit Sponge served with Toffee Sauce	Treacle Syrup Sponge served with Ice Cream	Ice Cream served with Bananas	Chocolate Muffin
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Week Commencing: 11th June, 2nd July, 23rd July, 10th September and 1st October 2018

## Week 2

### Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Bacon and Tomato Pasta served with Carrots and Sweetcorn	Butchers Sausages served with Mashed Potatoes, Cauliflower, Green Beans and Gravy	Roast Chicken served with Stuffing, Crispy Roast Potatoes, Peas, Carrots and Gravy	Beef Chilli Con Carne served with Wholegrain Rice, Green Beans and Sweetcorn	Traditional Fish with Chips served with Peas, Baked Beans and Tomato Sauce

### Alternative Main

Wholemeal Homemade Cheese and Tomato Pizza served with Half a Jacket Potato, Carrots and Sweetcorn	Quorn Sausages served with Mashed Potatoes, Cauliflower, Green Beans and Gravy	Roasted Quorn Fillet served with Stuffing, Crispy Roast Potatoes, Peas, Carrots and Gravy	Cool Mexican Bean Wrap served with Wholegrain Rice, Green Beans and Sweetcorn	Bean and Vegetable Grill served with Chips, Peas, Baked Beans and Tomato Sauce
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### Dessert

Chocolate Oaty Bite served with Apple Wedges	Chocolate Pinwheel Shortbread and Chocolate Sauce	Fruit Jelly and Mandarins	Toffee Cream Tart	Cornflake Tart served with Custard
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Week Commencing: 18th June, 9th July, 17th September and 8th October 2018

## Week 3

### Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Salmon Sub Melt served with Half a Jacket a Potato, Baked Beans and Sweetcorn	Italian Italian Beef and Pork Meatballs In Tomato sauce served with Wholegrain Rice broccoli and carrots	Roast Chicken served with a Yorkshire Pudding, New Potatoes, Cauliflower, Green Beans and Gravy	Traditional Beef Lasagne served with Seasonal Vegetables, Peas and Homemade Wholemeal Garlic Bread	Breaded Fish Fingers served with Chips, Peas, Baked Beans and Tomato Sauce

### Alternative Main

Homemade Wholemeal Cheese and Tomato Pizza served with Half a Jacket Potato, Baked Beans and Sweetcorn	Mexican Beandillas served with Wholemeal Rice, Broccoli and Carrots	Roasted Quorn Fillet served with a Yorkshire Pudding, New Potatoes, Cauliflower, Green Beans and Gravy	Roasted Vegetable Lasagne served with Seasonal Vegetables, Peas and Homemade Wholemeal Garlic Bread	Homemade Bean and Vegetable Grill served with Chips, Peas, Baked Beans and Tomato Sauce
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### Dessert

Sticky Toffee Pudding with Custard	Goopy Chocolate Fudge Cake	Flapjack Finger served with Apple Slices	Fruit Jelly served with Peaches	Apple Pie served with Cream
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# our Salad Feast

Available Every Day

Jacket Potatoes, Freshly Prepared Salad Bar, Wholemeal Bread, Fresh Fruit and Yogurts.