










# Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Rock Ferry's All-Day Breakfast</b> Choose from either bacon or a Quorn sausage and scrambled egg, served with baked beans, croquette potatoes and tiger bread</p>	<p><b>Spaghetti Bolognaise</b> Choose from either fresh minced beef or Vegimince, cooked with onions, garlic, tomatoes, mushrooms and herbs, served on a bed of spaghetti</p>	<p><b>Roast Dinner</b> Home roasted breast of turkey or a Quorn fillet served with roast potatoes, stuffing, and gravy</p>	<p><b>Chicken Korma</b> Diced chicken breast cooked in a homemade korma sauce served made with yogurt and spices and served on a bed of rice with naan bread  Or a Sweet Potato &amp; Feta Cheese Korma served on a bed of rice with naan bread</p>	<p><b>Fish &amp; Chips</b> Choose from either a breaded cod fillet fingers or a salmon fillet, all baked in the oven &amp; served with chips</p>
<b>Served with</b>				
<b>Mushrooms &amp; Tomatoes</b>	<b>Green beans</b>	<b>Cauliflower &amp; Carrot &amp; Swede</b>	<b>Broccoli</b>	<b>Peas or Baked Beans</b>
<b>OR</b>				
<b>Jacket Potatoes</b> Served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna, mayo, ham, turkey & Baked beans (when available)				
<b>OR</b>				
<b>Deli Bar - Available Every Day</b> Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot & Peppers.				
  				
<b>And for dessert</b>				
<b>Iced buns Or jam and cream buns</b>	<b>Cranberry or chocolate orange cookie</b>	<b>Ice-cream with a selection of sauces</b>	<b>Toffee slice</b>	<b>Chef's Special Dessert</b>
Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
<b>And finally, a drink</b>				
A selection of the following drinks will be available daily freshly made milkshakes - fresh fruit juice – apple or orange or water.				

## Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Hot Dog</b></p> <p>Choose from a butcher's quality pork or Quorn sausage served in a bread roll with sauté potatoes</p>	<p><b>Chilli Nachos</b></p> <p>Choose from either fresh minced beef or Vegimince cooked in a mild chilli sauce topped with Nachos and cheese then baked in the oven and served with boiled</p>	<p><b>Roast Dinner</b></p> <p>Choose from home roasted boneless leg of pork or a Quorn fillet serve with Yorkshire pudding roast potatoes and gravy</p>	<p><b>Freshly Made Pizza Bar</b></p> <p>A wholemeal pizza base topped with a homemade pizza sauce. Choose from Cheese &amp; Tomato, Pepperoni or Ham &amp; Pineapple served with diced potatoes</p>	<p><b>Fish &amp; Chips</b></p> <p>Choose from either a battered cod fillet or a salmon fillet, all baked in the oven &amp; served with chips</p>
<b>Served with</b>				
Cucumber sticks	Sweetcorn	Carrot & Shredded Cabbage	Broccoli	Peas or Baked Beans
<b>OR</b>				
<p><b>Jacket Potatoes</b></p> <p>Served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna, mayo, ham, turkey &amp; Baked beans (when available)</p>				
<b>OR</b>				
<p><b>Deli Bar - Available Everyday</b></p> <p>Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot &amp; Peppers.</p>				
<div style="display: flex; justify-content: space-around; align-items: center;">    </div>				
<b>And for dessert</b>				
Chocolate brownie	Strawberry Tart	Iced sponge	Fruit Kebabs And chocolate Sause	Chef's Special Dessert
Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
<b>And finally, a drink</b>				
A selection of the following drinks will be available daily freshly made milkshakes - fresh fruit juice – apple or orange or water.				

# Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Rock Ferry Noodle Bar</b> Freshly mixed in front of your eyes - Choose from strips of beef, chicken or strips of Quorn pan fried in olive oil and garlic and served on a bed of egg noodles, then choose your sauce – either Sweet chilli Hot Chilli Garlic Mayo</p>	<p><b>Cottage Pie</b> Choose from fresh minced Beef or red lentils cooked with onions, carrots and stock, thickened and topped with Mashed Potatoes and served with crusty bread</p>	<p><b>Roast Dinner</b> Choose from either home roasted gammon or a Quorn fillet, served with Yorkshire pudding, roast potatoes &amp; gravy</p>	<p><b>Homemade Pop Corn Chicken</b> Pieces of Chicken or Quorn dipped in beaten egg, then in crushed seasoned cornflour &amp; rice crispies and oven baked and served with homemade sauté potatoes</p>	<p><b>Fish &amp; Chips</b> Choose from either a Breaded cod fillet fingers or a salmon fillet, all baked in the oven &amp; served with chips</p>
<b>Served with</b>				
<b>Stir Fried Vegetables</b>	<b>Carrots</b>	<b>Roasted Celeriac And/or Carrots &amp; Swede</b>	<b>Sweetcorn</b>	<b>Peas And/or Baked Beans</b>
<b>Or</b>				
<b>Jacket Potatoes</b>				
Served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available)				
<b>or</b>				
<b>Deli Bar - Available Everyday</b>				
Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot & Peppers.				
				
<b>And for dessert</b>				
<b>Banana Muffins</b>	<b>Selection of Biscuits</b>	<b>Ice-cream with a selection of sauces</b>	<b>Apple pie And custard</b>	<b>Chef's Special Dessert</b>
Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
<b>And finally, a drink</b>				
A selection of the following drinks will be available daily freshly made milkshakes - fresh fruit juice – apple or orange or water.				