Week I

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Burger Day <br> Choose from a butcher's quality beef burger or vegetarian burger, baked in the oven, and served on a bun with fresh potato wedges | Creamy Chicken Curry <br> Fresh chicken breast or Quorn cooked with cumin, coriander, ginger, turmeric, coconut milk and natural yogurt served on a bed of rice with naan bread | Roast Dinner Choose from either home roasted joint of pork or a Quorn fillet, served with Yorkshire pudding, roast potatoes \& gravy | Chilli Nachos <br> Choose from either mince beef or Quorn cooked with onions, mild chilli, red peppers, and kidney beans topped with tortilla chips, cheese and served with rice. | Fish 'Fry-day' <br> Choose from a battered cod fillet or breaded cod fillet fingers all baked in the oven \& served with chips |
| Served with |  |  |  |  |
| Sweetcorn | Green Beans | Carrot \& Swede and/or Broccoli | Broccoli | Peas or Baked Beans |
| or |  |  |  |  |
| Jacket potatoes <br> served with a side salad are also available daily - choose from a variety of fillings |  |  |  |  |
| or |  |  |  |  |
| Design your own sa your filling a selecti roast beef, egg and | ndwich, first choose n of the following w nally finish with a ch lettuce, sweet | Bar - Available Ever ur bread - wraps, as be available daily - ha ce of salad - carrot s rn, coleslaw, beetroo | day <br> orted batch or sliced , cheese, tuna, Chin cks, cucumber, cherry and peppers. | read, then choose e chicken, turkey, tomatoes, iceberg |
| And for dessert |  |  |  |  |
| Choose from a piece of Home Bakery, Fresh Fruit, Fruit Pots, Yogurt or Cheese \& Crackers. |  |  |  |  |
| And finally, a drink |  |  |  |  |
| A selection of the following drinks will be available daily. fresh fruit juice - apple, orange or cranberry or water. <br> Freshly made milkshakes - chocolate or strawberry available on Wednesday \& Friday |  |  |  |  |

## Week 2

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Sausage \& Mash Choose from butcher's quality sausages or Quorn sausages baked in the oven and served on a bed of mashed potato with gravy | Hot chicken wrap <br> Chicken strips cooked in a mild seasoning, wrapped in a tortilla wrap with onions \& peppers served with rice. <br> Or <br> Quorn strips cooked in a mild seasoning wrapped in a tortilla wrap with onions \& peppers served with rice. | Roast Dinner Choose from either home roasted topside of beef or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy | Pasta Bolognaise Minced beef cooked with onions, garlic, tomatoes, <br> mushrooms, and herbs served on a bed of pasta <br> Or <br> Cauliflower \& Broccoli Pasta Bake <br> Cauliflower and broccoli florets covered in a creamy cheese sauce and mixed with pasta, | Fish 'Fry-day' Choose from a battered cod fillet or breaded cod fillet fingers all baked in the oven \& served with chips. |
| Served with |  |  |  |  |
| Garden Peas | Sweetcorn | Carrot and Swede and/or Broccoli | Green Beans | Peas or Baked Beans |
| or |  |  |  |  |
| Jacket potatoes <br> served with a side salad are also available daily - choose from a variety of fillings |  |  |  |  |
| or |  |  |  |  |
| Design your own your filling a select roast beef, egg and | ndwich, first choose of the following wid finally finish with a ch lettuce, swee | Bar - Available Ever our bread - wraps, as be available daily - h ice of salad - carrot orn, coleslaw, beetro | day <br> rted batch, or sliced , cheese, tuna, Chin cks, cucumber, cher and peppers. | read, then choose e chicken, turkey, tomatoes, iceberg |
| And for dessert |  |  |  |  |
| Choose from a piece of Home Bakery, Fresh Fruit, Fruit Pots, Yogurt or Cheese \& Crackers. |  |  |  |  |
| And finally, a drink |  |  |  |  |
| A selection of the following drinks will be available daily. fresh fruit juice - apple, orange or cranberry or water. reshly made milkshakes - chocolate or strawberry available on Wednesday \& Friday |  |  |  |  |

Week 3

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Pizza Day <br> A selection of homemade pizza, choose from: <br> Cheese \& Tomato or Pepperoni served with pasta spirals | BBQ Chicken <br> Choose from fresh chicken pieces or Quorn pieces cooked in a homemade BBQ sauce and served on a bed of rice | Roast Dinner Choose from either home roasted joint of turkey or a Quorn fillet, served with Yorkshire pudding, roast potatoes \& gravy | Panini <br> Choose from either Cheese, Cheese \& ham, Tuna \& Cheese, or the daily special, served with freshly roasted wedged potatoes | Fish 'Fry-day' Choose from a battered cod fillet, breaded cod fillet fingers or simply a salmon fillet, all baked in the oven \& served with chips |
| Served with |  |  |  |  |
| Sweetcorn | Peas | Carrot and Swede and/or Broccoli | Sweetcorn or Baked Beans | Peas <br> or Baked Beans |
| or |  |  |  |  |
| Jacket potatoes <br> served with a side salad are also available daily - choose from a variety of fillings |  |  |  |  |
| or |  |  |  |  |
| Design your own sa your filling a selectio roast beef, egg and | Del <br> ndwich, first choose of the following w nally finish with a ch lettuce, sweet | Bar - Available Ever ur bread - wraps, as be available daily - h ce of salad - carrot rn, coleslaw, beetroo | day <br> orted batch or sliced , cheese, tuna, Chine cks, cucumber, cherry and peppers. | read, then choose e chicken, turkey, tomatoes, iceberg |
| And for dessert |  |  |  |  |
| Choose from a piece of Home Bakery, Fresh Fruit, Fruit Pots, Yogurt or Cheese \& Crackers. |  |  |  |  |
| And finally, a drink |  |  |  |  |
| A selection of the following drinks will be available daily. fresh fruit juice - apple, orange or cranberry or water. <br> Freshly made milkshakes - chocolate or strawberry available on Wednesday \& Friday |  |  |  |  |

