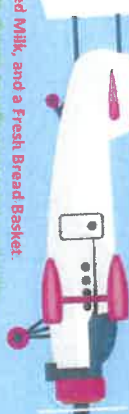


Weekly Menu



Week one

Week Commencing: 11/11, 2/12, 6/1/20, 27/1, 24/2, 16/3, 20/4, 11/5, 8/6, 29/6.

Main meal...

British Pork Sausages with Gravy and Creamy Mashed Potatoes

(v/h) Chinese Style Quorn with Noodles

MONDAY

On the side... Vegetables of the Day

For dessert... (v) Strawberry Swirl Mousse (v) Cheddar Cheese, Crackers & Apple (v) Organic Yoghurt or Fresh Fruit

Main meal...

Chicken Fillet Wrap with BBQ Sauce, Baked Potato Wedges

(v/h) Farmhouse Omelette, Baked Potato Wedges

TUESDAY

On the side... Fresh Salad Corn on the Cob

For dessert... (v/h) Iced Mandarin Sponge (v) Organic Yoghurt or Fresh Fruit

OUR ROAST OF THE DAY

(h) Organic Beef Bolognaisa Pasta Bake, Malted Wheat Baguette

(v) Veggie Toad in the Hole, Gravy, Crispy Roast Potatoes

WEDNESDAY

On the side... Vegetables of the Day

For dessert... (v/h) Fruit Crumble & Custard (v) Ice Cream Tub (v) Organic Yoghurt or Fresh Fruit

Main meal...

Roast Chicken Fillet or Joint, Gravy and Crispy Roast Potatoes

(v/h) Homemade Rustic Cheese & Tomato Pizza, Crispy Potatoes

THURSDAY

On the side... Fresh Salad Vegetables of the Day

For dessert... (v) Creamy Whip with Fruit in Juice (v/h) Homemade Ginger Cookie (v) Organic Yoghurt or Fresh Fruit

Main meal... SEASIDE SPECIAL FISHY FRIDAY

(msc) Crispy Fishcake, Criss-Cross Potatoes

(v/h) Not Too Spicy Vegetable Burrito, Criss-Cross Potatoes

FRIDAY

On the side... Peas or Baked Beans

For dessert... (v) Gluten Free Mini Doughnut (v) Organic Yoghurt or Fresh Fruit

Week two

Week Commencing: 18/11, 9/12, 13/1/20, 3/2, 2/3, 23/3, 27/4, 18/5, 15/6, 6/7.

Main meal...

MEAT FREE MONDAY

(v) Cheese & Tomato Pizza Wedge

(v) Vegan Country Bake, lightly bread crumbed vegetable patty with vegan cheese.

Baked Potato Wedges

MONDAY

On the side... Vegetables of the Day

For dessert... (v/h) Homemade Chocolate Cracknel (v) Organic Yoghurt or Fresh Fruit

Main meal...

Organic Beef Grill in a High Fibre Bun, Crispy Potatoes

(v/h) Cheesy Pasta Bake, Malted Wheat Baguette

TUESDAY

On the side... Fresh Salad Vegetables of the Day

For dessert... (v/h) Jelly with Fruit or (v) Ice Cream Tub (v) Organic Yoghurt or Fresh Fruit

OUR ROAST OF THE DAY

Roast Chicken Fillet or Joint, Gravy and Crispy Roast Potatoes

(v/h) Milti and Creamy Vegetable Korma with Rice

WEDNESDAY

On the side... Vegetables of the Day

For dessert... (v/h) Up Beet Chocolate Cake with Hot Chocolate Sauce (v) Organic Yoghurt or Fresh Fruit

Main meal...

(h) Organic Beef Chili

(v) Veggie Hot Dog

Nacho Seasoned Potato Wedges

THURSDAY

On the side... Vegetables of the Day

For dessert... (v/h) Melting Moment Biscuit (v) Organic Yoghurt or Fresh Fruit

Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes

Cheesy Tomato Risotto

FRIDAY

On the side... Peas or Baked Beans

For dessert... (v/h) Favourite Fruit Muffin (v) Ice Cream Tub (v) Organic Yoghurt or Fresh Fruit

Week three

Week Commencing: 25/11, 16/12, 20/1/20, 10/2, 9/3, 30/3, 4/5, 1/6, 22/6, 13/7.

Main meal...

Organic Pork Meatballs, Rich Tomato Gravy and Pasta

(v/h) Quorn Korma with Wholegrain Rice

MONDAY

On the side... Vegetables of the Day

For dessert... (v/h) Homemade Fruity Flapjack (v) Organic Yoghurt or Fresh Fruit

Main meal...

Tasty Brunch Lunch - Bacon medalion, pork sausage served with Pasta

(v/h) Quorn Fillet, topped with pizza sauce and melted cheese

Dry Roasted New Potatoes or Garlic Bread

TUESDAY

On the side... Fresh Salad Vegetables of the Day

For dessert... (v/h) Homemade Sponge with Fruit in Juice (v) Organic Yoghurt or Fresh Fruit

OUR ROAST OF THE DAY

British Roast Beef, Yorkshire Pudding, Gravy, Crispy Roast Potatoes

(v/h) Broccoli and Sweetcorn Pasta Bake, Malted Wheat Baguette

WEDNESDAY

On the side... Vegetables of the Day

For dessert... (v/h) Jam Tart and Custard (v) Ice Cream Tub (v) Organic Yoghurt or Fresh Fruit

Main meal...

(h) Homemade Chicken Pie, Gravy, Creamy Mash or Crispy Potatoes

(v) Sticky Barbeque Veggie Sausages, Crispy Potatoes

THURSDAY

On the side... Vegetables of the Day

For dessert... (v) Cheddar Cheese, Crackers & Apple (v/h) Carrot and Orange Cookie (v) Organic Yoghurt or Fresh Fruit

Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes

(v/h) Quorn Nuggets with Rainbow Rice

FRIDAY

On the side... Peas or Baked Beans

For dessert... (v/h) Homemade Vanilla Krispy Bar (v) Ice Cream Tub (v) Organic Yoghurt or Fresh Fruit

(v) Vegetarian Option (h) Homemade (msc) Certified Sustainable Seafood