

# MENU



*(V) = This Dish is Suitable for Vegeterians*

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Main Meals</i>	Tuna Penne Pasta Bake Served With Warm Crusty Bread	Spaghetti Bolognaise Served With Warm Crusty Bread	<i>Potato, Cheese and Onion Pie</i> <i>Spicy Jacket Wedges (V)</i>	Top-Crust Meat and Potato Pie	Beef Balti Served With Boiled Rice and Pitta Bread
<i>Main Meals</i>	Oven Baked Pork Sausages Creamy Mashed Potatoes	Fish and Broccoli Florets Served in a Cheese Sauce Minted New Potatoes	Beef Lasagne Served With Warm Crusty Bread Spicy Wedges	<i>Greek Vegetable Moussaka (V)</i>	Crispy Battered Fish Garnished With Lemon Slice Chipped Potatoes
<i>Vegetable and Salad</i>	Garden Peas Glazed Carrots Side Salad	French Green Beans Sweetcorn Side Salad	Carrots Batons Mixed Vegetable Medley Side Salad	Red Cabbage Broccoli Florets Side Salad	Mushy Peas Plum Tomatoes Side Salad
<i>Main Meal Desserts</i>	Irish Fruit Cake Fruity Mousse	Creamy Rice Pudding Served with Raspberry Sauce Apricot Flapjack	Bakewell Slice Served With Custard Sauce Sultana Flapjack	Chocolate Sponge and Peppermint Sauce Sticky Parkin	Chocolate Oat Cookie Coconut and Jam Sponge Served With Custard Sauce
<i>Grab and Go</i>	<i>Pasta Snack with Tomato Garlic Bread (V)</i> <i>Pizza and Salad (V)</i> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King	<i>Pasta Snack with Tomato Garlic Bread (V)</i> <i>Pizza and Salad (V)</i> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King	<i>Pasta Snack with Tomato Garlic Bread (V)</i> <i>Pizza and Salad (V)</i> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King	<i>Pasta Snack with Tomato Garlic Bread (V)</i> <i>Pizza and Salad (V)</i> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King	<i>Pasta Snack with Tomato Garlic Bread (V)</i> <i>Pizza and Salad (V)</i> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King
<i>Desserts and Drinks</i>	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk

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## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Main Meals</i>	Homemade Cottage Pie	Lamb Balti Served With Boiled Rice and Poppadum	Chicken Breast Served on a Sesame Bun	Meat Balls Served in a Pepper Sauce Spaghetti	Mexican Beef Chilli Served With Vegetable Couscous
<i>Main Meals</i>	Salmon and Broccoli Pasta Bake Served With Warm Crusty Bread	<i>Mediterrainian Tomato Quiche Jacket Wedges (V)</i>	<i>Homemade Vegetable Samosa Spicy Jacket Wedges (V)</i>	<i>Lemon Quorn Rissotto Served With Warm Crusty Bread (V)</i>	Crispy Battered Fish Garnished with a Lemon Slice Chipped Potatoes
<i>Vegetable and Salad</i>	Pickled Beetroot Broccoli and Cauliflower Side Salad	French Green Beans Sweetcorn Side Salad	Baked Beans Garden Peas Side Salad	Sweetcorn Glazed Carrot Batons Side Salad	Mushy Peas Plum Tomatoes Side Salad
<i>Main Meal Desserts</i>	Apple Crumble Served With Custard Sauce Fruit Shortbread	Strawberry Jelly and Whipped Cream Malt Loaf	Lemon Pudding Served With Custard Sauce Chocolate Brownie	Fruity Yoghurt Muffin Apricot Flapjack	Fruit Pie Served With Custard Sauce American Chocolate Muffin
<i>Grab and Go</i>	<i>Pasta Snack with Tomato Garlic Bread (V)</i> <i>Pizza and Salad (V)</i> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King	<i>Pasta Snack with Tomato Garlic Bread (V)</i> <i>Pizza and Salad (V)</i> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King	<i>Pasta Snack with Tomato Garlic Bread (V)</i> <i>Pizza and Salad (V)</i> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King	<i>Pasta Snack with Tomato Garlic Bread (V)</i> <i>Pizza and Salad (V)</i> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King	<i>Pasta Snack with Tomato Garlic Bread (V)</i> <i>Pizza and Salad (V)</i> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King
<i>Desserts and Drinks</i>	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk

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## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Main Meals</i>	Mexican Chilli Chicken Wrap Jacket Wedges	<b>Vegetable Pasta Salad Served with Warm Crusty Bread (V)</b>	Homemade Meat Pie Minted New Potatoes	<b>French Bread Tomato Pizza (V) Jacket Wedges</b>	Beef Balti Roasted Mediterranean Vegetable Couscous
<i>Main Meals</i>	Salmon and Broccoli Pasta Bake Jacket Wedges	Lamb Kebab Served with Savoury Vegetable Rice	Cajun Fish Cake Served on a Sesame Seeded Bun	Pork Sausage, Onion Gravy and Yorkshire Pudding Creamy Potatoes	Crispy Battered Fish Garnished With Lemon Slice Chipped Potatoes
<i>Vegetable and Salad</i>	Farmhouse Vegetables Garden Peas Side Salad	French Green Beans Sweetcorn Side Salad	Carrot and Swede Puree Broccoli Florets Side Salad	Carrots Batons Mixed Vegetables Medley Side Salad	Mushy Peas Plum Tomatoes Side Salad
<i>Main Meal Desserts</i>	Oaty Fruit Crumble Served With Custard Sauce Chocolate Oat Cookie	Sultana Sponge With Custard Sauce Oat and Apple Crunch Bars	Creamy Rice Pudding Served With Sultanas Carrot Cake	Chocolate Sponge and Peppermint Sauce Fruity Chelsea Bun	Hawaiian Crumble with Custard Sauce MalTED Loaf
<i>Grab and Go</i>	<b>Pasta Snack with Tomato Garlic Bread (V)</b> <b>Pizza and Salad (V)</b> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King	<b>Pasta Snack with Tomato Garlic Bread (V)</b> <b>Pizza and Salad (V)</b> Filled Flat Bread Filled Jacket Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King	<b>Pasta Snack with Tomato Garlic Bread (V)</b> <b>Pizza and Salad (V)</b> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches from Plate Salad Pasta King	<b>Pasta Snack with Tomato Garlic Bread (V)</b> <b>Pizza and Salad (V)</b> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches from Plate Salad Pasta King	<b>Pasta Snack with Tomato Garlic Bread (V)</b> <b>Pizza and Salad (V)</b> Filled Flat Bread Filled Jacket Panini Tortilla Wrap Filled Baguette Sandwiches from Plate Salad Pasta King
<i>Desserts and Drinks</i>	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk	Cheese and Biscuits Yoghurt/Fresh Fruit Bottled Water Fruit Juice Flavoured Milk/Milk



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## Week 4

### Main Meals

### Main Meals

### Vegetable and Salad

### Main Meal Desserts

### Grab and Go

### Desserts and Drinks

	Monday	Tuesday	Wednesday	Thursday	Friday
					
	Homemade Shepherd's Pie	<b>Mediterranean Tomato Quiche</b> <b>Baby New Potatoes (V)</b>	Meat Balls Served With Yorkshire Pudding Creamed Potatoes	Spaghetti Served in a Meaty Bolognese Sauce	Lamb Balti Chipped Potatoes
	<b>Cheese Whirls Jacket Wedges (V)</b>	Roast Beef Baby New Potatoes	<b>Vegetable Pasta Bake Served With Crusty Bread (V)</b>	<b>Spicy Bean Burger (V)</b> <b>Baked Croquette Potatoes</b>	Crispy Battered Fish Garnished With Lemon Slice Chipped Potatoes
	Beetroot Broccoli Florets Side Salad	Carrot Batons Cabbage Side Salad	Garden Peas Sweetcorn Side Salad	Mixed Vegetable Medley French Green Beans Side Salad	Mushy Peas Plum Tomatoes Side Salad
	Rice Pudding and Sultanas Melted Moments	Paris Sandwich Served With Custard Carrot Cake	Rhubarb Pie Served With Custard Sultana Flapjack	Raisin and Oat Cookie Fruity Yoghurt Muffin	Fruit Crumble Served With Custard Raspberry Buns
	<b>Pasta Snack with Garlic Bread (V)</b> <b>Pizza and Salad (V)</b> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King	<b>Pasta Snack with Garlic Bread (V)</b> <b>Pizza and Salad (V)</b> Filled Flat Bread Filled Jacket Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King	<b>Pasta Snack with Garlic Bread (V)</b> <b>Pizza and Salad (V)</b> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King	<b>Pasta Snack with Garlic Bread (V)</b> <b>Pizza and Salad (V)</b> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King	<b>Pasta Snack with Garlic Bread (V)</b> <b>Pizza and Salad (V)</b> Filled Flat Bread Filled Jacket Potato Panini Tortilla Wrap Filled Baguette Sandwiches Plate Salad Pasta King
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