

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

MAIN MEAL



OPTION 1

OPTION 2

Cheese & Bean Lasagne



Margherita Pizza & Wedges



Vegan Lentil & Stuffing Pastry Roll



Vegan Bolognese & Penne Pasta



Vegan Vegetable Nuggets & Chips



Rainbow Vegetable Stir Fry Noodles



Traditional Creamy Beef Lasagne



Roast Gammon & Gravy

Sweet & Sour Chicken & Rice



MSC Approved Fish Fingers & Chips

Carrots & Peas



Broccoli



Roasted Potatoes, Carrots & Parsnips



Peas



Beans



House Tomato Sauce



Cheese Sauce



House Tomato Sauce



Cheese Sauce



Creamy Pesto



Tuna Mayo Cheese

Chicken Egg

Ham Cheese

Tuna Mayo Cheese

Egg Cheese

AVAILABLE EVERY DAY Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS



Blueberry Cookie Bar



Chocolate & Banana Brownie



Strawberry Yoghurt & Strawberry Sauce



Apple & Cocoa Sponge



Raspberry Jelly



Desserts available every day - a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice

Vegetarian

Vegan

Added Wholewheat



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

MAIN MEAL



OPTION 1

OPTION 2

Margherita Pizza & Wedges



Vegan Sausage with Mashed Potatoes & Gravy



Vegan Cottage Pie & Gravy



Cheesy Cauliflower Pasta Bake



Tex-Mex Vegetable Fajita Wrap



MSC Approved Salmon Pasta Bake



Pork & Beef Sausage, Mashed Potatoes & Gravy

Roast Turkey with Roast Potatoes & Gravy

Mild Caribbean Chicken Curry & Carrot Rice



MSC Approved Fish & Chips

Peas



Carrot & Peas



Broccoli & Cauliflower



Carrot & Mixed Salad



Baked Beans



Cheese Sauce



House Tomato Sauce



Cheese Sauce



House Tomato Sauce



Creamy Pesto



Tuna Mayo Cheese

Chicken Egg

Ham Cheese

Tuna Mayo Cheese

Egg Cheese

## AVAILABLE EVERY DAY

Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS



Strawberry Mousse



Oaty Apple Crumble & Custard



Original Flapjack



Chocolate & Carrot Muffin



Raspberry Jelly & Mandarins



Desserts available every day - a choice of jelly, fruit or yoghurt

KEY

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Vegetarian

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Added Wholewheat



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b> 	<b>OPTION 1</b> Mixed Vegetable & Bean Fajita & Oven Baked Wedges	Vegan Bolognese Ragu Penne Pasta	Vegan Roast Quorn Fillet with Roast Potatoes & Gravy	Baked Creamy Mac 'N' Cheese	Vegan Sausage Roll & Chips
	<b>OPTION 2</b> Chicken Pie with Mashed Potatoes & Gravy	Beef Bolognese Penne Pasta	Roast Chicken with Roast Potatoes & Gravy	Creamy Chicken Curry & Carrot Rice	MSC Approved Fish Fingers & Chips
<b>VEGGIES</b> 	Peas & Carrots	Sweetcorn	Broccoli & Peas	Carrot & Mixed Salad	Beans
<b>PASTA</b> 	House Tomato Sauce	Cheese Sauce	House Tomato Sauce	Cheese Sauce	Creamy Pesto
<b>FILLED ROLLS</b> 	Ham Cheese	Chicken Egg	Ham Cheese	Tuna Mayo Cheese	Egg Cheese

**AVAILABLE EVERY DAY** Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

**SWEET TREATS**

Strawberry Yoghurt & Strawberry Sauce	Mixed Berry & Apple Crumble with Custard	Orange Jelly & Mandarins	Gingerbread Squares with Custard	Garden Brownie
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Desserts available every day - a choice of jelly, fruit or yoghurt

**KEY**

Nutritionist's Choice

Vegetarian

Vegan

Added Wholewheat

