



WEEKS ENDING: 04/11/16, 25/11/16, 09/12/16, 13/01/17, 03/02/17, 03/03/17, 24/03/17
 Fresh fruit, jacket potatoes, salad selection, bread, cheese & biscuits, yoghurt and chilled water available daily

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal	Spaghetti bolognese	Chicken pie	Roast gammon and gravy	Sausage, bean and bacon casserole	Fish fingers Tuna pasta bake
Vegetarian option	Macaroni cheese	Lentil and butternut squash korma	Quorn roast	Mushroom and red pepper risotto	Vegetable nuggets
Vegetables	Two fresh seasonal vegetables of the day	Two fresh seasonal vegetables of the day Wholegrain rice Parsley potatoes	Two fresh seasonal vegetables of the day Roast potatoes	Two fresh seasonal vegetables of the day Creamy mash potato	Baked beans One fresh seasonal vegetable of the day Chipped potatoes
Dessert	Steamed fruit sponge and custard Low fat yoghurt Fruit cup	Fruit crumble and custard Low fat yoghurt Fruit cup	Flapjack and ice cream Low fat yoghurt Fruit cup	Mandarin jelly Low fat yoghurt Fruit cup	Mixed berry muffin Low fat yoghurt Fruit cup



WEEKS ENDING: 11/11/16, 02/12/16, 16/12/16, 20/01/17, 10/02/17, 10/03/17, 31/03/17
 Fresh fruit, jacket potatoes, salad selection, bread, cheese & biscuits, yoghurt and chilled water available daily

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal	Chicken tikka masala	Cottage pie	Roast chicken and stuffing	Homemade pizza with a selection of toppings	Salmon fishcakes Fish fingers
Vegetarian option	Quorn sweet and sour	Quorn mince pie	Vegetable and mixed bean lasagne		Sweetcorn quiche
Vegetables	Raita and cucumber Vegetable samosa Wholegrain rice	Two fresh seasonal vegetables of the day Roast potatoes	Gravy Two fresh seasonal vegetables of the day	Two fresh seasonal vegetables of the day Sauté potatoes Coleslaw	Baked beans Two fresh seasonal vegetables of the day Chipped potatoes
Dessert	Artic roll Low fat yoghurt Fruit cup	Apple roly poly and custard Low fat yoghurt Fruit cup	Sultana and oat cookie Low fat yoghurt Fruit cup	Chocolate fudge cake and chocolate sauce Low fat yoghurt Fruit cup	Fruit trifle Low fat yoghurt Fruit cup



WEEKS ENDING: 18/11/16, 06/01/17, 27/01/17, 24/02/17, 17/03/17, 07/04/17
 Fresh fruit, jacket potatoes, salad selection, bread, cheese & biscuits, yoghurt and chilled water available daily

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal	Barbecue chicken	Beef lasagne	Roast pork	Sausage and beans in a spicy tomato pasta bake	Kedgeree Fish fingers
Vegetarian option	Barbecue Quorn sausage Pitta pockets	Quorn and bean chilli	Vegetable and lentil lasagne	Loaded cheese and pepper skins	Stuffed tomato with rice and pepper
Vegetables	Two fresh seasonal vegetables of the day Jacket potato wedges	Two fresh seasonal vegetables of the day Rice/garlic bread	Apple sauce Gravy Two fresh seasonal vegetables of the day Roast potatoes	Two fresh seasonal vegetables of the day Whole grain pasta	Baked beans Two fresh seasonal vegetables of the day Chipped potatoes
Dessert	Fruity flapjack and custard Low fat yoghurt Fruit cup	Shortbread fingers and chocolate milk Low fat yoghurt Fruit cup	Pineapple upside down cake and custard Low fat yoghurt Fruit cup	Apple pie and custard Low fat yoghurt Fruit cup	Chocolate crunch and peppermint sauce Low fat yoghurt Fruit cup

