

Week One



Monday Tuesday Wednesday Thursday Friday Meathall Pasta Rake Cottage Píe Choose from beef meatballs or Slow cooked minced beef, Quorn balls, cooked in a topped with creamy mashed homemade tomato sauce. potatoes and baked in the oven, served with vegetables mixed with pasta spirals, topped with cheese and baked Roast Dinner in the oven, served with Vegetarian alternative also Fish & Chips Curry Day Choose from either home vegetables available Choose from a homemade Choose from cod fillet fish roasted leg of pork or a creamy chicken curry or a fingers, battered cod fillet or Quorn fillet, served with sweet potato and lentil curry, Quorn nuggets, baked in the roast potatoes, carrots, served with basmati rice, oven and served with chips cauliflower, apple sauce and Naan bread and vegetables and peas or baked beans gravy

Jacket Potatoes or Panínís

are also available daily as a hot alternative, with a choice of fillings.

or

A selection of sandwiches,

served on sliced bread, wraps and assorted batch with a choice of filling will be available daily - ham, cheese, tuna, Chinese chicken, turkey - and finally, finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.

Dessert

A selection of homemade desserts will be available every day as well as fresh fruit, fruit salad, yoghurts and cheese & crackers.

Drink

A selection of fresh fruit juice cartons and fresh milkshake cartons will be available daily.



Week Two



Monday	Tuesday	Wednesday	Thursday	Fríday
Chicken Goujons Breaded chicken goujons baked in the oven and served with potato wedges and beans	Lasagne Choose from fresh minced beef or vegetarian alternative, cooked with onions, garlic, tomatoes and herbs, layered between pasta sheets, then topped with a Béchamel sauce, served with broccoli	Roast Dinner Choose from either home roasted breast of turkey and stuffing or a Quorn fillet, served with roast potatoes, vegetables and gravy	Burger Day Choose from a butcher's quality burger or a vegetable burger, served in a bun with a corn cob and coleslaw	Fish & Chips Choose from cod fillet fish fingers, battered cod fillet or Quorn nuggets, baked in the oven and served with chips and peas or baked beans

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Homemade Pízza Choose from cheese & tomato, pepperoni or ham & pineapple, served with vegetables and pasta spirals	Sausage & Mash Choose from fresh butcher's quality pork sausages or Quorn sausages, served with homemade mash potatoes, peas and gravy	Roast Dinner Choose from either home roasted topside of beef or a Quorn fillet, served with Yorkshire pudding, roast potatoes, vegetables and gravy	Spaghetti Bolognaise Choose from fresh minced beef or vegetarian alternative, served on a bed of pasta with broccoli	Fish & Chips Choose from cod fillet fish fingers, battered cod fillet or Quorn nuggets, baked in the oven and served with chips and peas or baked beans

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