

# Week One

Fresh seasonal salad ..... available daily as an alternative to the dessert of the day. Allergy information available on request.

M O N D A Y	<p><b>Quorn Sausage Bap</b> Oven baked Quorn sausage in a soft bread roll with tomato ketchup. Served with garlic potato wedges</p> <p><b>Vegetable Burger</b> Oven baked vegetable burger in a soft bread roll with tomato ketchup. Served with garlic potato wedges</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich-</b> Tuna /Cheese /Ham/ Egg mayonnaise <b>Sides-</b> Baked beans <b>Dessert –</b> Strawberry &amp; white chocolate sponge</p>
T U E S D A Y	<p><b>Gammon Steak</b> Oven baked gammon steak served with new potatoes &amp; peas</p> <p><b>Double Cheesy Quiche</b> Cheddar &amp; Feta quiche served with new potatoes &amp; Peas</p>	<p><b>Jacket potato</b> with various fillings <b>Tortilla wrap -</b>Tuna/Cheese /Ham/ Egg mayonnaise <b>Sides-</b> New potatoes &amp; Peas <b>Dessert –</b> Mousse</p>
W E D N E S D A Y	<p><b>Roast Chicken</b> Tender roast chicken served with roast potatoes and gravy</p> <p><b>Roast fish</b> Oven roasted fish fillet served with roast potatoes and gravy</p> <p><b>Roast Quorn Fillets</b> Tender Roasted Quorn fillet served with vegetarian gravy</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich -</b> Tuna /Cheese /Ham/ Egg mayonnaise <b>Sides-</b> Green beans, Carrots <b>Dessert –</b> Lemon Drizzle</p>
T H U R S D A Y	<p><b>Beef Lasagne</b> Layers of beef Bolognese, bechamel sauce and pasta topped with cheese and baked in the oven</p> <p><b>Vegetable Lasagne</b> Layers of oven roasted vegetables, bechamel sauce and pasta topped with cheese and baked in the oven</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich-</b> Tuna /Cheese /Ham/ Egg mayonnaise <b>Sides-</b> Garlic bread &amp; salad <b>Dessert –</b> Chocolate Chip Cookies</p>
F R I D A Y	<p><b>Crispy coated fish fingers</b> Oven baked fish fingers served with chips &amp; baked beans</p> <p><b>Fishless Fish Fingers</b> Quorn fishless fingers served with chips &amp; baked beans</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich-</b> Tuna /Cheese /Ham/ Egg mayonnaise <b>Sides-</b> Chips &amp; baked beans <b>Dessert-</b> Jelly ✓</p>

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M O N D A Y	<p><b>Cheesy Pasta</b> Pasta shells topped with a cheesy pasta sauce.</p> <p><b>Mediterranean Arrabiata</b> Pasta shells topped with peppers, courgettes and red onion in a mildly spiced tomato sauce.</p>	<p><b>Jacket potato</b> with various fillings  <b>Sandwich</b> - Tuna /Cheese /Ham/ Egg mayonnaise  <b>Sides</b> -Garlic bread &amp; Salad  <b>Dessert</b> – Mini doughnuts</p>
T U E S D A Y	<p><b>Bacon &amp; Cheese wrap</b> Crispy bacon and melted cheese in a soft tortilla wrap</p> <p><b>Cheesy omelette</b> Cheesy omelette in a soft tortilla wrap</p>	<p><b>Jacket potato</b> with various fillings  <b>Tortilla wrap</b> -Tuna /Cheese /Ham/ Egg mayonnaise  <b>Sides</b>-Hash browns &amp; Baked beans  <b>Dessert</b> – Apple sponge &amp; custard</p>
W E D N E S D A Y	<p><b>Roast Pork</b> Tender slices of roast pork served with roast potatoes and gravy</p> <p><b>Roast fish</b> Steamed fish fillet served with roast potatoes.</p> <p><b>Moroccan style cauliflower bites</b> Lightly spiced cauliflower florets in a gluten free crispy coating</p>	<p><b>Jacket potato</b> with various fillings  <b>Sandwich</b> -Tuna /Cheese /Ham/ Egg mayonnaise  <b>Sides</b>-Cabbage &amp; carrots  <b>Dessert</b> - Mousse</p>
T H U R S D A Y	<p><b>Chunky Beef Hotpot</b> Chunks of tender beef &amp; vegetables braised in a rich gravy topped with potato slices then oven baked.</p> <p><b>Vegan Hotpot</b> Vegan mince &amp; vegetables braised in a rich vegetarian gravy topped with potato slices and then oven baked.</p>	<p><b>Jacket potato</b> with various fillings  <b>Sandwich</b>-Tuna /Cheese /Ham/ Egg mayonnaise  <b>Sides</b>-Broccoli &amp; Cauliflower  <b>Dessert</b> – Chocolate cake</p>
F R I D A Y	<p><b>Chicken Curry</b> Tender pieces of chicken breast slowly cooked in a Balti sauce</p> <p><b>Quorn Curry</b> Quorn pieces slowly cooked in a Balti sauce</p>	<p><b>Jacket potato</b> with various fillings  <b>Sandwich</b>-Tuna /Cheese /Ham/ Egg mayonnaise  <b>Sides</b> – Fluffy rice &amp; Naan bread  <b>Dessert</b> –Flapjack</p>

# Week Three

Fresh seasonal:

available daily as an

alternative to the dessert of the day. Allergy information available on request.

<p><b>M O N D A Y</b></p>	<p><b>Cheese &amp; tomato pizza</b> Deep pan base smothered in a rich tomato sauce loaded with cheese then oven baked</p> <p><b>Vegetable pizza</b> Deep pan base smothered in a rich tomato sauce loaded with peppers, red onion &amp; cheese then oven baked</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich</b>-Tuna /Cheese /Ham/ Egg mayonnaise <b>Sides</b>- Tomato pasta salad &amp; sweetcorn <b>Dessert</b> –Lemon &amp; coconut cookies</p>
<p><b>T U E S D A Y</b></p>	<p><b>Jacket potato day!</b> Oven baked jacket potato filled with 2 of the following choices Butter, cheese, tuna mayo, salmon &amp; lemon mayo, beef chilli, veggie chilli, baked beans</p>	<p><b>Tortilla Wrap</b>-Tuna /Cheese /Ham/ Egg mayonnaise <b>Sides</b>-Salad &amp; coleslaw or fluffy white rice <b>Dessert</b> – Chocolate Krispy cakes</p>
<p><b>W E D N E S D A Y</b></p>	<p><b>Roast Beef</b> Served with roast potatoes, and gravy</p> <p><b>Roast Fish</b> Served with roast potatoes</p> <p><b>Meat free vegetable burger</b> Lightly seasoned vegetables in a light crispy crumb</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich</b>-Tuna /Cheese /Ham/ Egg mayonnaise <b>Sides</b>-Carrots and cabbage <b>Dessert</b> – Mousse</p>
<p><b>T H U R S D A Y</b></p>	<p><b>Lemon &amp; garlic chicken</b> Roasted lemon &amp; garlic chicken served with a soft tortilla wrap, savoury rice, sweetcorn &amp; mayonnaise</p> <p><b>Sweet potato Falafel Bites</b> Oven baked sweet potato falafel served with a soft tortilla wrap, savoury rice, sweetcorn and mayonnaise</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich</b>-Tuna /Cheese /Ham/ Egg mayonnaise <b>Sides</b>- Savoury rice &amp; sweetcorn <b>Dessert</b> – Shortbread</p>
<p><b>F R I D A Y</b></p>	<p><b>Southern Fried chicken goujons</b> Crispy southern fried goujons served with chips &amp; spaghetti loops</p> <p><b>Vegan Southern Fried Nuggets</b> Crispy vegan southern fried nuggets served with chips &amp; spaghetti loops</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich</b>-Tuna /Cheese /Ham/ Egg mayonnaise <b>Sides</b>- Chips &amp; Spaghetti loops <b>Dessert</b> –Old school cake</p>