## Menu

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

## Week One

| M O N D A Y | Mac N Cheese <br> Macaroni pasta cooked in a rich cheese sauce <br> Pepper \& Lentil Pasta Bake <br> Wholemeal pasta baked in a delicious tomato and lentil sauce | Jacket potato with various fillings Sandwich - Tuna/Cheese/Ham/Egg mayonnaise <br> Sides <br> Sweetcorn <br> Peas <br> Dessert - Carrot cake |
| :---: | :---: | :---: |
| T U E S D A Y | Mild Beef Chilli <br> Minced beef, peppers and kidney beans in a mildly spiced chilli sauce served fluffy white rice <br> Quorn mince Chilli <br> Quorn mince, peppers \& kidney beans cooked in a delicious mild homemade sauce served with fluffy white rice | Jacket potato with various fillings Sandwich - Tuna/Cheese/Ham/ Egg mayonnaise <br> Sides <br> Cauliflower <br> Broccoli <br> Dessert - Bananas \& custard |
| W E D N E S D A Y | Roast Chicken <br> Tender roast chicken served with gravy <br> Roast fish <br> Served with vegetarian gravy <br> Butternut squash \& feta parcel Garlic \& thyme roasted butternut squash \& crumbled feta encased in a puff pastry parcel | Jacket potato with various fillings Sandwich - Tuna/Cheese/Ham/ Egg mayonnaise <br> Sides <br> Green beans <br> Carrots <br> Dessert -Ice cream |
| T H U R S D A Y | Golden Fishcakes <br> Served with herby potatoes <br> Quorn Fishless Fingers <br> Quorn crispy coated fishless fingers served with herby potatoes | Jacket potato with various fillings Sandwich - Tuna/Cheese/Ham/ Egg mayonnaise <br> Sides <br> Carrots and Broccoli <br> Dessert - Mousse |
| F R I D A Y | Pizza <br> Pepperoni or cheese \& tomato wholewheat pizza served with garlic bread and fruity slaw. | Jacket potato with various fillings Wholemeal wrapTuna/Cheese/Ham/ Egg mayonnaise <br> Sides <br> Peas and Golden sweetcorn <br> Dessert - Lemon drizzle cake |

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## Week Two

| M O N D A Y | Cheese \& Potato Pasty <br> Seasoned cheese \& potato encased in puff pastry served with mashed potato. <br> Vegan Sausage Roll <br> Vegan sausage flavoured with herbs \& spices encased in puff pastry served with mashed potato. | Jacket potato with various fillings Sandwich - Tuna/Cheese/Ham/ Egg mayonnaise <br> Sides <br> Baked beans <br> Dessert - Mini chocolate doughnut |
| :---: | :---: | :---: |
| T U E S D A Y | Sausage Pasta Bake <br> Tasty sliced chicken sausages and wholewheat pasta mixed through a lentil, tomato \& herb sauce then topped with cheese and baked in the oven. <br> Quorn Sausage Pasta Bake <br> Slices of Quorn sausage and wholewheat pasta mixed through a lentil, tomato \& herb sauce topped with cheese then baked in the oven. | Jacket potato with various fillings <br> Sandwich - Tuna/Cheese/Ham/ Egg mayonnaise <br> Sides <br> Peas <br> Carrots <br> Dessert - Fresh fruit salad |
| W E D N E S D A Y | Roast Beef <br> Tender slices of roast Beef served with new potatoes and gravy. <br> Roast fish <br> Steamed fish fillet served with new potatoes. <br> Quorn Fillet <br> Roasted Quorn fillet served with new potatoes and vegetarian gravy. | Jacket potato with various fillings Sandwich - Tuna/Cheese/Ham/ Egg mayonnaise <br> Sides <br> Green beans <br> Cauliflower <br> Dessert - Jelly |
| T H U R S D A Y | Chicken Curry <br> Succulent diced chicken in a mild curry sauce served with fluffy steamed wholemeal rice. <br> Butternut Squash \& Sweet Potato Curry <br> Roasted butternut squash and sweet potato in a mild curry sauce served with fluffy steamed wholemeal rice | Jacket potato with various fillings Sandwich - Tuna/Cheese/Ham <br> Sides <br> Naan bread (Gluten) <br> Dessert - Short bread |
| F R I D A Y | Chicken Nuggets <br> Battered chicken breast nuggets served with tomato ketchup. <br> Vegetable Nuggets <br> Seasoned vegetable nuggets served with tomato ketchup. | Jacket potato with various fillings Wholemeal Wrap-Tuna/Cheese/Ham / <br> Egg mayonnaise <br> Sides <br> Oven chips, Peas \& Sweetcorn <br> Dessert - Chocolate cake |

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Week Three

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| :---: | :---: | :---: |
| M O N D A Y | Vegetable Sausage and Mash <br> Delicious meat free sausages and creamy mashed potatoes served with vegetarian gravy <br> Vegetable Samosa <br> A triangular shaped pastry filled with lightly spiced vegetables | Jacket potato with various fillings Sandwich - Tuna/Cheese/Ham/ Egg mayonnaise <br> Sides <br> Golden sweetcorn and Peas <br> Fluffy Wholemeal rice <br> Dessert - Carrot cake |
| T U E S D A Y | Beef Meatballs <br> Beef meatballs served in a tomato \& basil sauce with wholemeal pasta spirals <br> Vegan Meatballs <br> Vegan meatballs served in tomato \& basil sauce with whole meal pasta spirals | Jacket potato with various fillings Sandwich - Tuna/Cheese/Ham/ Egg mayonnaise <br> Sides <br> Salad <br> Dessert - Old school cake |
| W E D N E S D A Y | Roast Pork <br> Served with roast potatoes, apple sauce and gravy <br> Roast Fish <br> Roast Quorn Fillets <br> Tender Roasted Quorn fillet served with vegetarian gravy | Jacket potato with various fillings Sandwich - Tuna/Cheese/Ham/ Egg mayonnaise <br> Sides <br> Carrots and cabbage <br> Dessert - Jelly |
| H U R S D A Y | Ham, Cheese \& Tomato Pinwheel <br> Ham, cheese \& tomato sauce rolled up, sliced and baked in puff pastry. <br> Cheese \& Tomato Pinwheel <br> Mature grated cheese and tomato sauce rolled up, sliced and baked in puff pastry. | Jacket potato with various fillings Sandwich - Tuna/Cheese/Ham / Egg Mayonnaise <br> Sides <br> Salad and fruity coleslaw <br> Dessert - Mousse |
| R I D A Y | Beefburger <br> A beefburger in a soft floured bap served with tomato ketchup <br> Vegetable Burger <br> Golden breaded vegetable burger served in a soft floured bap with tomato ketchup | Jacket potato with various fillings Wholemeal Wrap - Tuna/Cheese/Ham / Egg Mayonnaise <br> Sides <br> Chips and spaghetti hoops <br> Dessert - Flapjack |

