## 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.

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

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

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