## **Week One Menu**

Served weeks commencing: 03 Nov, 24 Nov, 15 Dec, 19 Jan, 9 Feb



| -                             | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|-------------------------------|--|--|--|--|---|
| MAIN MEAL                     | Pork Sausages Served with Mashed Potato, Garden Peas Carrots                               | Beef Lasagne Served with Diced Herby Potatoes Sweetcorn Mixed Garden Salad           | Roast Chicken with<br>Gravy Served with<br>Roast Potatoes<br>Green Beans<br>Carrots            | Mild Beef Chilli Con<br>Carne Served with<br>Fluffy Rice<br>Sweetcorn<br>Broccoli          | Fish Fingers Served with Oven Chips, Garden Peas Baked Beans Ketchup        |
| VEGETARIAN                    | Vegetarian Sausage<br>(V) Served with<br>Mashed Potato<br>Garden Peas<br>Carrots           | Vegetarian Lasagne (V) Served with Diced Herby Potatoes Sweetcorn Mixed Garden Salad | Vegetarian Mince<br>& Onion Pie (V)<br>Served with Roast<br>Potatoes<br>Green Beans<br>Carrots | Vegetarian Chili Con<br>Carni (V) Served with<br>Fluffy Rice<br>Sweetcorn<br>Broccoli      | Cheese & Tomato Pizza (V) Served with Oven Chips Garden Peas Baked Beans    |
| JACKET POTATO /<br>PASTA DISH | Pasta<br>with Tomato and<br>Basil Sauce  | Jacket Potato with a choice of filling  Tuna Mayonnaise Cheddar Cheese Baked Beans   | Pasta<br>with Tomato and<br>Basil Sauce  | Jacket Potato with a choice of filling  Tuna Mayonnaise Cheddar Cheese Baked Beans         | Pasta<br>with Tomato and<br>Basil Sauce                                     |
| SANDWICH                      | White Bread Sandwich with your choice of Tuna Mayonnaise Cheddar Cheese Ham Egg Mayonnaise | Wrap with your choice of  Tuna Mayonnaise Cheddar Cheese Ham Egg Mayonnaise          | Baguette with your choice of  Tuna Mayonnaise Cheddar Cheese Ham Egg Mayonnaise                | White Bread Sandwich with your choice of Tuna Mayonnaise Cheddar Cheese Ham Egg Mayonnaise | Wrap with your choice of  Tuna Mayonnaise Cheddar Cheese Ham Egg Mayonnaise |
| DESSERTS                      | Lemon Sponge<br>served with<br>Custard   | Shortbread Finger<br>with Fruit Wedges   | Iced Chocolate<br>Sponge   | Apple Crumble &<br>Custard   | Famous Fruity<br>Friday   |

## **AVAILABLE DAILY:**

Choice of Bread, Fresh Salad Bar, Water, Fresh Fruit, Fruit Yoghurt and Fruit Jelly.

