

WEEK 1

03/09/2018, 24/09/2018, 15/10/2018, 12/11/2018,
03/12/2018, 07/01/2019, 28/01/2019

Rainbow Vegetable & Chicken Stir Fry
or
Veggie Hot Dog with Potato Wedges & Tomato Sauce (v)
or
Jacket Potato with Baked Beans (v)
Golden Corn, BBQ Beans
Apple & Blackberry Crumble with Custard

Macaroni Bolognese
or
Shepherdess Pie (v)
or
Jacket Potato with Tuna Mayo
Green Beans, Cauliflower
Reduced Sugar Pineapple & Ginger Sponge with Custard

Roast Pork with Gravy & Roast Potatoes
or
Tomato & Basil Pasta Bake (v)
or
Jacket Potato with Cheese (v)
Broccoli, Carrots
Arctic Roll

Cheese & Tomato Pizza (v)
or
Veggie Chilli with Rice (v)
or
Jacket Potato with Tuna Mayo
Golden Corn, Mixed Salad
Chocolate & Beetroot Brownie

Battered Cod with Chips & Tomato Sauce
or
Red Pepper Cheese Pinwheel with Chips (v)
or
Jacket Potato with Baked Beans (v)
Baked Beans, Garden Peas
Strawberry Jelly & Peach Slices (v)

WEEK 2

10/09/2018, 01/10/2018, 22/10/2018, 19/11/2018,
10/12/2018, 14/01/2019, 04/02/2019

BBQ Chicken with Golden Rice
or
Quorn Paella (v)
or
Jacket Potato with Baked Beans (v)
Rainbow Vegetables, Mixed Salad
Reduced Sugar Raspberry & Apple Cake with Custard

Beef Burger with Jacket Wedges & Tomato Sauce
or
Veggie Bolognese with Pasta (v)
or
Jacket Potato with Tuna Mayo
Green Beans, BBQ Beans
Coconut & Sultana Rice Pudding

Roast Chicken with Stuffing, Gravy & Roast Potatoes
or
Veggie Sausages with Gravy & Roast Potatoes (v)
or
Jacket Potato with Cheese (v)
Broccoli, Carrots
Caramelised Apple Crumble with Custard

Lasagne with Garlic Bread
or
Stir Fried Noodles & Vegetables (v)
or
Jacket Potato with Tuna Mayo
Super Greens, Golden Corn
Chocolate & Banana Cake with Custard

MSC Salmon Fish Fingers or White Fish Fingers
with Chips & Tomato Sauce
or
Sweetcorn & Pepper Longboats (v)
or
Jacket Potato with Baked Beans (v)
Baked Beans, Garden Peas
Strawberry Jelly & Pineapple Chunks (v)

WEEK 3

17/09/2018, 08/10/2018, 05/11/2018, 26/11/2018,
17/12/2018, 21/01/2019, 11/02/2019

Chicken Curry with Rice
or
Mac & Cheese (v)
or
Jacket Potato with Baked Beans (v)
Garden Peas, Roasted Courgettes
Peach Crumble with Custard

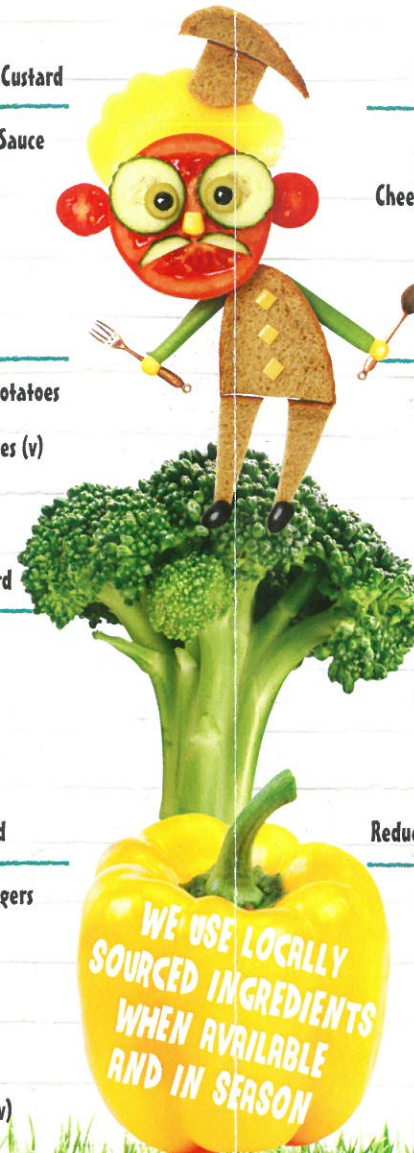
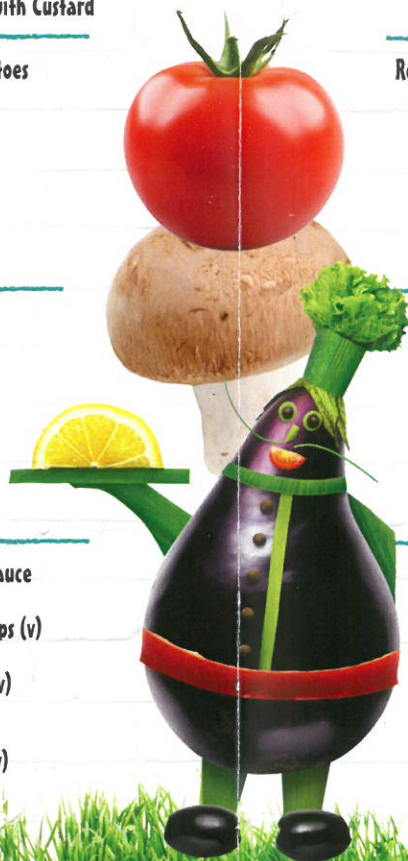
Sausage, Mash & Gravy
or
Cheese & Spring Onion Quiche with New Potatoes (v)
or
Jacket Potato with Tuna Mayo
Broccoli, Rainbow Vegetables
Orange Jelly & Mandarins (v)

Roast Beef with Gravy & Roast Potatoes
or
Golden Veggie Rice (v)
or
Jacket Potato with Cheese (v)
Shredded Cabbage, Carrots
Strawberry Trifle

Tuna Pasta Bake
or
Cheese & Sweetcorn French Bread Pizza (v)
or
Jacket Potato with Tuna Mayo
Golden Corn & Peppers, Green Beans
Reduced Sugar Carrot & Pineapple Cake with Custard

Breaded Fish with Chips & Tomato Sauce
or
Veggie Burrito (v)
or
Jacket Potato with Baked Beans (v)
Baked Beans, Garden Peas
Chocolate Cookie with Yoghurt

**FRESH
HEALTHY
TASTY**



Smile food that makes you happy

(V) Suitable for Vegetarians

SERVED DAILY – FRESHLY BAKED BREAD, FRESH FRUIT, YOGHURTS AND FRESH DRINKING WATER.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY