



Week 1

Main

Vegetarian

Carbs

Vegetables

Pudding



Monday

Cottage Pie

Vegetable & lentil cottage Pie

Yorkshire Pudding

Green Beans

Mango & Orange Smoothie

Tuesday

Meatballs in tomato sauce

Quorn Meatballs

Pasta and Bread

Sweetcorn

Fruity Flapjack

Wednesday

Gammon & Pineapple

Vegetarian samosas

Roast Potatoes

Carrots & Cabbage

Lemon Shortbread

Thursday

Chicken Wraps

Veg & mixed bean wrap

Rice (Savoury)

Large Mixed Salad

Mixed Fruit with a swirl of fresh cream or Bakewell Tart

Friday

Breaded Salmon or cod & Sweet Chilli Sauce

Veg Breaded Grill

New Potatoes

Peas

Beetroot & Chocolate muffin



Jugs of Water, Yoghurts Daily



Freshly baked potatoes served with a choice of filling plus salad or hot vegetable accompaniment. The following fillings are served as a daily special:

- Homemade Coleslaw
- Baked Beans
- Cheddar Cheese
- Tuna Mayonnaise
- BBQ Beans

Sandwiches available on a selection of breads with salad accompaniment. Serve the following fillings every day, plus the daily special:

Freshly prepared salad served each day with, tomato, cucumber, lettuce, peppers. Plus daily special:

- Couscous
- Potato salad
- coleslaw rice salad
- pasta salad