

great food

Be inspired for Life

Exercise to keep fit and healthy



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	<p><u>Choice 1</u> Chicken Sausages & Roast Potatoes with Garden Peas</p> <p><u>Choice 2</u> Vegetarian sausage & Roast potatoes with Gravy</p> <p><u>Dessert</u> Rice Pudding & Dried mix Fruits OR Yoghurt</p>	<p><u>Choice 1</u> Beef Meatballs & Tagliatelle with Green Beans & Carrots</p> <p><u>Choice 2</u> Veg Quorn balls & Tagliatelle Pasta</p> <p><u>Dessert</u> Apple Crumble & Custard OR Yoghurt</p>	<p><u>Choice 1</u> Tandoori Chicken & Turmeric Rice with Broccoli & Cauliflower</p> <p><u>Choice 2</u> Vegetarian Mediterranean Quiche</p> <p><u>Dessert</u> Fruit Jelly OR Yoghurt</p>	<p><u>Choice 1</u> Margherita Pizza OR Sweetcorn Peppers Pizza with Sweetcorn</p> <p><u>Choice 2</u> Vegetable Pasta Bake</p> <p><u>Dessert</u> Fresh Yoghurt</p>	<p><u>Choice 1</u> Battered Pollock (fish) with Fish Fingers, Chips & Baked Beans</p> <p><u>Choice 2</u> Cauliflower & Broccoli Bake</p> <p><u>Dessert</u> Fruity Friday OR Yoghurt</p>
Week Two	<p><u>Choice 1</u> Lamb Bolognese & Spaghetti with Steamed Curly Kale</p> <p><u>Choice 2</u> Veg Quorn Bolognese & Spaghetti</p> <p><u>Dessert</u> Semolina OR Ice Cream OR Yoghurt</p>	<p><u>Choice 1</u> BBQ Chicken & Vegetable Rice with Mixed Veg</p> <p><u>Choice 2</u> Root Roast Veg & Rice with Mixed Veg</p> <p><u>Dessert</u> Fresh Yoghurt with Sultanas OR Yoghurt</p>	<p><u>Choice 1</u> Roast Turkey, Roast Potatoes with Brussels & Carrots Medley</p> <p><u>Choice 2</u> Macaroni & Cheese (pasta), Brussel sprouts and Carrot Medley with Roast Potatoes</p> <p><u>Dessert</u> Fruit Salad OR Yoghurt</p>	<p><u>Choice 1</u> Beef Korma Curry with Turmeric Rice and Broccoli & Carrots</p> <p><u>Choice 2</u> Chick Pea & Mushroom Curry with Broccoli & Carrots</p> <p><u>Dessert</u> Upside down Pineapple Cake & Custard OR Yoghurt</p>	<p><u>Choice 1</u> Fish Fingers, Battered Pollock (Fish), Garden Peas and Baked Beans</p> <p><u>Choice 2</u> Cheese and Onion Puff, Garden Peas & Baked Beans</p> <p><u>Dessert</u> Fruity Friday OR Yoghurt</p>
Week Three	<p><u>Choice 1</u> Mediterranean Braised Beef with Rice & Green Beans</p> <p><u>Choice 2</u> Vegetables Stir Fried Rice with Green Beans</p> <p><u>Dessert</u> Warm Fruit Salad & Custard</p>	<p><u>Choice 1</u> Roast Chicken with Roast Herb Potatoes & Fresh Carrot Batons</p> <p><u>Choice 2</u> Leek & Veg Wrap with Roast Herb Potatoes & Fresh Carrot Batons</p> <p><u>Dessert</u> Shortbread Biscuits OR Yoghurt</p>	<p><u>Choice 1</u> Lamb Burger and Fish Fingers with Flour Baps and Potato Wedges with Baked Beans</p> <p><u>Choice 2</u> Veg Burger with Potato Wedges and Flour Baps with Baked Beans</p> <p><u>Dessert</u> Fruit Jelly OR Fresh Fruits OR Yoghurt</p>	<p><u>Choice 1</u> Chicken Stew and Jollof Rice with Mixed Vegetable</p> <p><u>Choice 2</u> Chick Pea & Beans Casserole with Jollof Rice</p> <p><u>Dessert</u> Marble Cake & Custard OR Yoghurt</p>	<p><u>Choice 1</u> Turkey Dinosaur Chips with Peas & Sweetcorn</p> <p><u>Choice 2</u> Cheese & Tomato Pizza with Chips, Peas & Sweetcorn</p> <p><u>Dessert</u> Fruity Friday OR Yoghurt</p>
Week Four	<p><u>Choice 1</u> Beef Chilli Con Carne</p> <p><u>Choice 2</u> Veg Quorn Bolognese</p> <p><u>Dessert</u> Peaches & Ice Cream</p>	<p><u>Choice 1</u> Southern Style Chicken with Roast Potatoes</p> <p><u>Choice 2</u> Veg Hot Dog (sausage) and Roast Potatoes</p> <p><u>Dessert</u> Fruit Salad</p>	<p><u>Choice 1</u> Beef Stroganoff and Steamed Rice</p> <p><u>Choice 2</u> Quorn Veg Stir Fry & Rice</p> <p><u>Dessert</u> Orange Drizzle Cake and Custard</p>	<p><u>Choice 1</u> Jerk Chicken, Rice & Peas</p> <p><u>Choice 2</u> Macaroni & Cheese (Pasta)</p> <p><u>Dessert</u> Fresh Yoghurt</p>	<p><u>Choice 1</u> Fish Fingers, Battered Pollock (Fish), & Chips</p> <p><u>Choice 2</u> Jacket Potato with Tuna & Sweetcorn</p> <p><u>Dessert</u> Fruity Friday</p>

All Meat is Halal. No pork products are used in the ingredients. A variety of Salads, Fruit, Fresh Bread, Milk and Water are available daily.

Menu Autumn/Winter 17/18