

## Menu



### Week 1

#### Monday

Sausage, mashed potato, carrots & baked beans  
Vegetable Spring Rolls with wholemeal rice  
Chocolate or vanilla ice cream with fruit

#### Tuesday

Sweet & Sour Chicken & rice or bacon roll  
Mozzarella sticks, noodles, stir fried peppers & sweetcorn (v)  
Fresh Fruit Salad with yoghurts

#### Wednesday

Roast Pork, creamy mash, Yorkshire pudding, broccoli &  
cauliflower  
Margarita pizza  
Blueberry, plain, or chocolate muffins

#### Thursday

Minced beef, dumplings, mashed potatoes, roasted parsnips  
and carrot & turnip mash  
Leek and potato soup with a filled baguette (v)  
Sticky toffee sponge and cream

#### Friday

Cod Fish fingers, chips & peas or side salad or  
Chicken drumstick  
Tomato, garlic & basil pasta bake (v)  
Apple crumble with custard  
Or iced chocolate bun



## **Week 2**

### **Monday**

**Battered crispy chicken in a roll, mini roast potatoes, peas  
and sweetcorn**

**Cheese Quiche with wholemeal pasta**

**Chocolate brownie with raspberries**

### **Tuesday**

**Spaghetti bolognese, side salad, sweetcorn & garlic bread.**

**Heinz Tomato soup with a roll (v)**

**Chocolate sponge and chocolate sauce**

### **Wednesday**

**Roast Ham, mashed potatoes, broccoli & cabbage or**

**Beef stew**

**Vegan mince in a mild chilli & tomato sauce filled taco with  
cheese (v)**

**Sugar ring or jam doughnut**

### **Thursday**

**Roast beef, Yorkshire puddings, mashed potatoes and  
cauliflower cheese or carrot batons**

**Toasted cheese muffin with baked beans (v)**

**Strawberry jelly, fruit and cream**

### **Friday**

**Fish, chips, mushy peas and coleslaw, tartar sauce**

**Creamy vegetable pasta carbonara (v)**

**Profiteroles or raspberry cheesecake**

## **Week 3**



### **Monday**

**Toad in the hole, baby potatoes, peas, carrots & gravy**

**Vegetable burger served with cheese in a roll (v)**

**Iced sponge**

### **Tuesday**

**Pork & Beef meatballs in gravy, noodles or mashed potato,**

**broccoli or roasted squash**

**Quorn Tikka Masala with rice (v)**

**Apple sponge with cream or plain sponge**

### **Wednesday**

**Roast turkey, chipolata sausage, stuffing, yorkshire pudding,**

**roast potatoes, petit pois peas and white cabbage**

**Toasted cheese muffins (v)**

**Iced ginger cake**

### **Thursday**

**Cheese Burgers, potato wedges, baked beans and side salad.**

**Macaroni cheese (v)**

**Fruity Flapjack & Custard**

### **Friday**

**Cod goujons or salmon bites, chunky chips, peas or**

**sweetcorn, or chicken schnitzel**

**Vegetable enchiladas (v)**

**Strawberry or chocolate mousse**