

Week		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 01/09/15 21/09/15 12/10/15 09/11/15 30/11/15	Main	Spaghetti Bolognese	Beef Goulash with Rice	Roast Chicken & stuffing with Roast Potatoes and Gravy	Shepherds Pie with gravy	Jumbo Fish Finger with Oven Baked Chips
	Vegetarian	Vegetarian Bolognese	Vegetable Goulash with Rice	Bean and Vegetable Hot Pot and Gravy	Vegetarian Shepherdess Pie with Gravy	Bean and Lentil Burgers with Oven Baked Chips
	3rd Option	Cheese and Onion stuffed Jacket Potato	Vegetable Wrap with Rice	Vegetable Wellington with Roast Potatoes and Gravy	Mushroom Pasta	Cheese and Tomato Calzone
	Vegetables	Garden Peas Carrots	Roasted Seasonal Vegetables Sweetcorn	Roast Parsnips Green Beans	Carrots Broccoli	Garden Peas Baked Beans
	Dessert	Wholemeal Banana Sponge with Custard	Chocolate & Pear Sponge with Chocolate Sauce	Fruit Jelly and Ice Cream	Crunchy Plum and Vanilla Crumble with Custard	Iced Sponge
Week 2 07/09/15 28/09/15 19/10/15 16/11/15 07/12/15	Main	Chicken Sausages with creamed potatoes and Gravy	Beef Lasagne	Roast (as advertised) with Roast Potatoes and Gravy	Jerk Chicken with Rice	Battered Fish with Oven Baked Chips
	Vegetarian	Vegetarian Sausages with Creamed potatoes and Gravy	Vegetable Lasagne	Vegetable and Leek Pie and Gravy	Mixed Bean Cassoulet with Rice	Carrot, Courgette and Bean Sausage with Oven Baked Chips
	3rd Option	Cheese and Leek Flan with Creamed Potatoes	Jacket Potato with Tuna & Sweetcorn	Vegetable Pasty with Roast Potatoes and Gravy	Spanish Omelette with Rice	Pasta Arriabiata
	Vegetables	Green Cabbage Carrots	Broccoli Sweetcorn	Mashed swede and carrots Garden Peas	Roasted Seasonal Vegetables Broccoli	Baked Beans Garden Peas
	Dessert	Pear Crumble & Custard	Fruit Jelly	Apple Pie & Custard	Orange Bread & Butter Pudding with a Vanilla Sauce	Syrup Sponge with Custard
Week 3 14/09/15 05/10/15 02/11/15 23/11/15 14/12/15	Main	Chicken and Leek Pie with Creamed Potatoes and Gravy	Chilli Con Carne with Rice	Roast (as advertised) with Roast Potatoes and Gravy	Chicken Curry with Rice	Salmon Fish Finger/Fish Fingers with Oven Baked Chips
	Vegetarian	Creamy Vegetable Pie with Creamed Potatoes and Gravy	Vegetable Chilli with Rice	Vegetable Cottage Pie with Gravy	Lentil and Sweet Potato Curry and Rice	Cheese and Tomato Pizza with oven baked chips
	3rd Option	Vegetable & Pasta Medley	Macaroni Cheese	Cauliflower Cheese with Roast Potatoes	Vegetable Stuffed Jacket Potato	Vegetable Enchiladas with Oven Baked Chips
	Vegetables	Garden Peas Carrots	Sweetcorn & Peppers Broccoli	Red Cabbage Carrots	Green Beans Cauliflower	Baked Beans Garden Peas
	Dessert	Sticky Toffee Apple Crumble and Custard	Chocolate and Mandarin Sponge with Chocolate Sauce	Eves Pudding with Custard	Apple Flap Jack served with vanilla sauce	Fruit Jelly

Selection of at least 5 Freshly made Salads, Homemade breads, Fresh Fruit Platter and Yoghurt available daily