

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Shepherdess Pie with Jacket Wedges (V)	Beef Pasta Bolognese	Garlic & Lemon Chicken Roast with Roast Potatoes	Chicken Sausage, Mash and Gravy	Breaded Fish Fillets or Fish Fingers with Chips
Option 2 Vegetarian	Margarita Pizza with Jacket Wedges (V)	Mozzarella & Tomato Puff Squares with Crushed Potatoes	Cheese & Tomato Penne Pasta (V)	Three Bean Casserole with Mashed Potato (V)	Tarka Dal with Rice (V)
Jacket Potato		Jacket Potato with Baked Beans & Cheese		Jacket Potato with Cheese	Jacket Potato with Baked Beans
Vegetables	Peas & Cauliflower	Sweetcorn & Broccoli	Carrots & Green Cabbage	Green Beans & Sweetcorn	Peas & Baked Beans
Carb Option	Garlic & Paprika Potato Wedges	Pasta and Crushed Potatoes	Pasta and Roast Potatoes	Mashed Potato	Rice and Chips
Dessert of the Day	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Pancakes with Fruit Compote
Alternative Dessert	Fruit / Yoghurt	Fruit / Cheese & Crackers	Fruit / Yoghurt	Fruit / Cheese & Crackers	Fruit / Yoghurt
Dates week commencing	2/11, 23/11, 14/12, 4/1, 25/1, 8/3, 29/3				
Option 1	Cheese & Onion Flan with Crushed Potatoes (V)	Chicken Curry with Rice	Roast Chicken with Roast Potatoes and Gravy	Beef Cottage Pie	Battered Fish or Fish Fingers with Chips
Option 2 Vegetarian	Vegetable & Lentil Pasta Bolognese (V)	Chickpea & Mixed Vegetable Balti with Rice (V)	Quorn Sausage, Roast Potatoes and Gravy (V)	Margarita Pizza with Potato Wedges (V)	Cheese & Tomato Pinwheel (V)
Jacket Potato		Jacket Potato with Cheese (V)	Jacket Potato with Salmon Mayonnaise		Jacket Potato with Baked Beans (V)
Vegetables	Green Beans & Sweetcorn	Peas & Cauliflower	Carrots & Broccoli	Vegetable Medley	Peas & Baked Beans
Carb Option	Pasta and Crushed Potatoes	Rice	Roast Potatoes	Garlic & Paprika Potato Wedges	Chips
Dessert of the Day	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Frozen Toffee Yoghurt
Alternative Dessert	Fruit / Yoghurt	Fruit / Cheese & Crackers	Fruit / Yoghurt	Fruit / Cheese & Crackers	Fruit / Yoghurt
Dates week commencing	9/11, 30/11, 21/12, 11/1, 1/2, 22/2, 15/3,				
Option 1	Macaroni Cheese (V)	Sweet & Sour Chicken with Rice	Roast Turkey with Roast Potato & Gravy	Beef Burger in a Bun with Jacket Wedges	Breaded Fish Fillets or Fish Fingers with Chips
Option 2 Vegetarian	Butterbean & Vegetable Tagine with Cous Cous(V)	Vegetable Chilli with Rice (V)	Vegetarian Strips with Roast Potatoes and Gravy (V)	Quorn Burger in a Bun with Jacket Wedges (V)	Cheese & Leek Pasty with Chips (V)
Jacket Potato		Jacket Potato with Cheese (V)		Jacket Potato with Coleslaw	Jacket Potato with Baked Beans (V)
Vegetables	Carrots & Cauliflower	Sweetcorn & White Cabbage	Carrots & Broccoli	Green Beans & Sweetcorn	Peas & Baked Beans
Carb Option	Cous Cous and Pasta	Rice	Roast Potatoes	Garlic & Paprika Potato Wedges	Chips
Dessert of the Day	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	(50%) Eve's Pudding with Custard
Alternative Dessert	Fruit / Yoghurt	Fruit / Cheese & Crackers	Fruit / Yoghurt	Fruit / Cheese & Crackers	Fruit / Yoghurt
Dates week commencing	16/11, 7/12, 18/1, 8/2, 1/3, 22/3				

The following are available daily:
 Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressing)
 Fresh white & wholemeal crusty bread
 Selection of seasonal fresh fruit and low fat yoghurts
 Chilled water
 The carbohydrate is incorporated in the whole dish unless otherwise stated