

MAKE

GOOD CHOICES.

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Deep Fried Fish with Lemon & Tartare Sauce	Fresh Italian style lamb Lasagne	Roast of the Day with Traditional Accompaniments	Chicken Tikka Masala served with Mixed Rice	Selection of Hot Food and Snacks
Vegetarian	Jumbo Sausage	Chilli Con Carne & Rice	Golden Crispy Potato Topped Shepherdess Pie	Italian Tomato & Wholemeal Pasta bake	Selection of Hot Food and Snacks
Vegetables	Chips Mushy peas Baked Beans Mixed Garden Salad	Jacket Wedges Roasted Vegetables Baked Beans Mixed Garden Salad	Roast Potatoes Sliced Carrots Savoy Cabbage Baked Beans Mixed Garden Salad	Herby Potatoes Green beans Baked Beans Mixed Garden Salad	Selection of Hot Food and Snacks
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				

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WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Deep Fried Fish with Lemon & Tartare Sauce	Braised Sausages in Rich Onion Gravy	Roast of the Day with Traditional Accompaniments	Farmhouse breakfast	Selection of Hot Food and Snacks
Vegetarian	Jumbo Sausage	Sweet & Sour Chicken served with Noodles	Pasta Bolognese	Hot dogs	Selection of Hot Food and Snacks
Vegetables	Chips Mushy peas Baked Beans Mixed Garden Salad	Creamed Potatoes Broccoli Baked Beans Mixed garden salad	Roast Potatoes Carrots Cabbage Baked Beans Mixed Garden Salad	Potato wedges Garden Peas Baked Beans Mixed Garden Salad	Selection of Hot Food and Snacks
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				

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WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Deep fried Fish With Lemon Tartare Sauce	Cottage Pie	Roast of the Day with Traditional Accompaniments	Smothered Chicken In BBQ Sauce	Hot Food and Snacks & Tartare Sauce
Vegetarian	Jumbo sausage	Turkey & bacon Carbonara	Minced Beef & Onion Puff Pastry Topped Pie	Traditional Mediterranean Lasagne	Selection of Hot Food and Snacks
Vegetables	Mushy Peas Baked Beans Chips Mixed garden salad	Jacket Wedges Garden Peas Baked Beans Mixed Garden Salad	Roast Potatoes Fresh Cabbage Diced Carrots Baked Beans Mixed Garden Salad	Herby Potatoes Broccoli Baked Beans Mixed Garden Salad	Selection of Hot Food and Snacks
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				