



Menu w/c 9th September 2019

MEAT FREE MONDAY

Main Meal

Penne Pasta served with a Fresh Tomato and Basil Sauce or a Creamy Cheese and Mushroom Sauce (V)

Sides

Lettuce, Cucumber and Tomato Salad
Sliced Carrots
Garlic Bread Slices

Salad Bar

Dessert

Strawberry Mousse with Fresh Strawberries
Fresh Fruit

TUESDAY

Main Meal

Cumberland Pork Sausages with Onion Gravy (M)
Simply Meat Free Sausages with Onion Gravy (V)

Sides

Medley of Cut Green Beans and Sweetcorn
Baked Beans
Creamy Mashed Potato

Salad Bar

Dessert

Blackberry and Apple Crumble
Vanilla Ice Cream
Fresh Fruit

WEDNESDAY

Main Meal

Diced Chicken Fillets in a Sweet and Sour Sauce (M)
Fresh Mixed Vegetables in a Sweet and Sour Sauce (V)

Sides

Steamed Brown and White Rice
Sugar Snap Peas
Diced Carrots

Salad Bar

Dessert

Millionaire's Shortbread
Fresh Fruit

THURSDAY

Main Meal

English Topside of Beef with Yorkshire Pudding and Horseradish Sauce (M)
Roasted Quorn Fillets (V)

Sides

Mediterranean Vegetables
Whole Green Beans
Carrot Batons
Golden Roast Potatoes

Salad Bar

Dessert

Mini Milk Lollies
Fresh Fruit

FRIDAY

Main Meal

Oven Baked Fish Fingers (M)
Two Cheese and Tomato Pizzas (V)

Sides

Garden Peas
Sweetcorn Niblets
Oven Chips
French Bread

Salad Bar

Dessert

Selection of English Cheeses and Biscuits
Fresh Fruit

Other items available daily include Jacket Potatoes with various fillings, one additional non-vegetarian and vegetarian option
Only BRITISH meats, fresh fruit and seasonal vegetables are used in our meals.
No food items or ingredients knowingly contain genetically modified food stuffs.

