



## Menu w/c 22<sup>nd</sup> April 2019

### MONDAY

**BANK HOLIDAY**

### TUESDAY

**INSET DAY**

### WEDNESDAY

#### **Main Meal**

Penne Pasta with a Arrabiata  
and Chorizo Sauce (M)  
Penne Pasta with a  
Vegetable Sauce (M)

#### **Sides**

Lettuce, Cucumber and  
Tomato Salad  
Baby Carrots  
Herby Garlic Bread Slices

#### **Salad Bar**

#### **Dessert**

Meringue Nests with  
Mandarin Oranges  
Chocolate Sauce  
Fresh Fruit

### THURSDAY

#### **Main Meal**

Roast Chicken with Sage and  
Onion Balls (M)  
Roasted Quorn Fillets (V)

#### **Sides**

Mediterranean Vegetables  
Whole Green Beans  
Sliced Carrots  
Golden Roast Potatoes

#### **Salad Bar**

#### **Dessert**

Homemade Strawberry  
Cheesecake  
Fresh Fruit

### FRIDAY

#### **Main Meal**

Oven Baked Cod Squares  
Cod Fillets in Sauce (M)  
Cheese and Tomato  
Omelettes (V)

#### **Sides**

Garden Peas  
Sweetcorn Niblets  
Oven Chips  
Malted Wheat Bloomer

#### **Salad Bar**

#### **Dessert**

Assorted Fruit Yoghurts  
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.

