



Menu w/c 14th January 2019

MEAT FREE MONDAY

Main Meal

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

Sides

Broccoli Florets
Julienne Carrots
Herby Garlic Bread Slices

Salad Bar

Dessert

Rice Pudding with Mixed Fruit Jam
Fresh Fruit

TUESDAY

Main Meal

Homemade Beef Tikka Masala Curry (M)
Homemade Vegetable and Lentil Curry (V)

Sides

Cucumber and Tomato Salad
Baby Carrots
Steamed Brown and White Rice
Vegetable Samosas

Salad Bar

Dessert

Fresh Fruit Salad with Shortbread and Yoghurt
Fresh Fruit

WEDNESDAY

Main Meal

Puff Pastry Pork Sausage Rolls (M)
Puff Pastry Meat Free Sausage Roll (V)

Sides

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

Salad Bar

Dessert

Chocolate Chip Sponge Pudding with 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
Carrot Batons
Golden Roast Potatoes

Salad Bar

Dessert

Homemade Carrot Cake
Fresh Fruit

FRIDAY

Main Meal

Oven Baked Fish Fingers
Steamed Cod Fillets in Sauce (M)
Homemade Cheese, Onion and Potato Pie (V)

Sides

Garden Peas
Sweetcorn Niblets
Oven Chips
French Bread

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.

