

# New Improved Menus

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Turkey Meatballs Sweet n Sour Sauce	BBQ Day BBQ Chicken Fillet	Cottage Pie In a Yorkshire Pudding	Gammon Steak with Pineapple	Harry Ramsdens Fish in a light batter
CHOICE	Macaroni Cheese	Assorted Filled Wraps	Assorted Jacket Potatoes	Plated Cheese Salad	Vegetable Nuggets
CARBOHYDRATE	Pasta Cheesy Bread	Loaded Potato Skins	Creamed Potatoes	Roast Potatoes	Chipped Potatoes
VEGETABLES	Oriental Vegetables	Corn on the Cob	Country Vegetables	Cauliflower Cheese Fresh Carrots	Salad Sticks Or Mushy Peas
SALAD TROLLEY	Salad Trolley	Salad Trolley	Salad Trolley	Salad Trolley	Salad Trolley
SWEET	Saucy Chocolate Pudding Pears	Cream Bun Berry Coulis	Pineapple Paradise Slice Vanilla Sauce	Rocky Road	Lemon and Lime Muffin

WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Home Made Pizza Slice	Oriental Dish of the Day	Fish Cake in a Crispy Batter	Roast Pork Loin Apple Sauce Gravy	Chicken Fillet in a Bun
CHOICE	Assorted Filled Wraps	Vegetable Fried Rice	Cheese and Tomato Quiche	Filled Jacket Potato	Quorn Sausage
CARBOHYDRATE	Oven Baked New Potatoes	Noodles or Rice	Cheese and Potato Pie	Roast Potatoes	Chipped Potatoes
VEGETABLES	Sweetcorn	Oriental Vegetables	Baked Beans	Fresh Carrots Broccoli	Mixed Salad
SALAD TROLLEY	Salad Trolley	Salad Trolley	Salad Trolley	Salad Trolley	
SWEET	Strawberry Frozen Yoghurt Compote	Fortune Cookie	Chocolate And Mandarin Trifle	Fruit Sponge And Custard	Marian Slice

WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Fish Goujons	Big Breakfast Baked Sausage	Baked Lasagne Or Bolognese	Roast Turkey Fillet Stuffing Gravy	Lamb Burger in a Sesame Bun
CHOICE	Vegetable Nuggets	Filled Assorted Rolls	Pasta In Tomato Sauce	Quorn Sausage	Quorn Burger
CARBOHYDRATE	Skin on Wedges	Potato Waffle Scrambled Egg	Pasta Garlic Bread	Roast Potatoes	Chipped Potatoes
VEGETABLES	Mushy Peas Or Peas	Baked Beans	Sweetcorn	Fresh Carrots Broccoli	Salad Sticks
SALAD TROLLEY	Salad Trolley	Salad Trolley	Salad Trolley	Salad Trolley	
SWEET	Cheese and Crackers Apple	Yoghurt Cereal Topping	Caramel Pudding	Fruit Jelly with Vanilla Ice Cream	Crystal Cookie

Available Daily:  
Filled Jacket Potato, Yoghurt and Fresh Fruit