

Week 1



Monday

Traditional Cornish Pasty served with Tasty Gravy
Homemade Vegetable Pasty V served with a Tasty Vegetarian Gravy
Light & Fluffy Mash, Seasonal Vegetable Selection, Seasonal Salad Selection
Homemade Bread Selection including Granary
Fresh Fruit Salad with a Shortbread Mini Biscuit

Wednesday

Roast Chicken Breast served with Sage & Onion Stuffing and a Rich & Tasty Gravy
Cheese & Potato filled Yorkshire Pudding V
Oven Roast Potatoes, Light & Fluffy Mash, Oven Roast Parsnips, Fresh Baton Carrots, Fresh Broccoli, Cauliflower, Garden Peas
Homemade Bread Selection
Fruit Jelly & Cream

Friday

Friday Fish - Harry Ramsdens Fillet of Fish or Pulled Gammon with Parsley Sauce
Homemade Roasted Vegetable Bake V
Chips, Lemon Couscous, Baked Beans, Garden Peas, Sweetcorn
Seasonal Salad Selection
Homemade Bread Selection
Homemade Fruit Muffin Selection

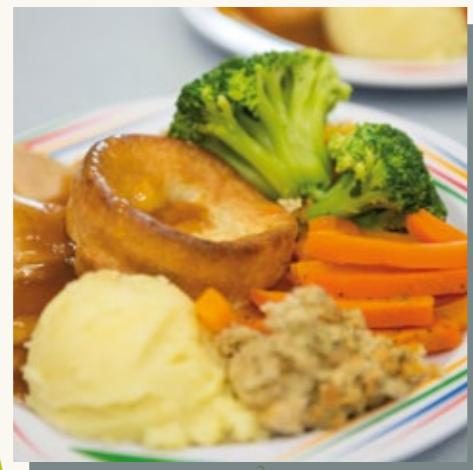


Tuesday

Wrap Day selection of Hot & Cold Wraps including a choice of Tuna, Cheese V, Chicken, Egg V or Roasted Vegetables V
Oven Baked Jacket Wedges
Big Salad Bar Selection
Homemade Bread Selection
Homemade Iced Sponge & Custard

Thursday

Go Large - Cottage Pie served with a Rich & Tasty Gravy
Vegetarian Cottage Pie served with a Vegetarian Gravy V, Tomato topped Macaroni Cheese V
Seasonal Vegetable Selection, Seasonal Salad Selection
Homemade Bread Selection including Granary
Homemade Fruit Tart with a Swirl of Cream



Week 2



Monday

Chicken Curry tender pieces of Chicken in a light Curry Sauce
Tender Quorn Pieces in a Roasted Vegetable & Tomato Sauce V
Mixed Brown & White Boiled Rice, Sambals, Tomato Wedges, Sliced Banana, Onion & Cucumber, Mint Yoghurt Dip, Seasonal Salad Selection
Naan Bread, Poppadoms
Homemade Iced Cupcake

Wednesday

Roast Beef and Yorkshire pudding served with a Rich & Tasty Gravy
Cheese & Potato filled Yorkshire Pudding V
Roast & Boiled Potatoes, Seasonal Vegetable Selection
Homemade Bread Selection
Strawberry and Chocolate Mousse

Thursday

Homemade Italian Chicken tender pieces of Chicken cooked in a rich Italian Sauce
Wholemeal Thin Crust Cheese & Tomato Pizza V
Herby Pasta, Spicy Noodles, Seasonal Vegetable Selection, Seasonal Salad Selection
Garlic Bread
Homemade Sticky Toffee Pudding & Custard

Tuesday

Baked Pork Sausages with Rich Onion Gravy
Vegetable Sausage V
Light & Fluffy Mash, Seasonal Vegetable Selection, Seasonal Salad Selection
Homemade Bread Selection
Homemade Seasonal Fruit Crumble & Custard

