

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



Friday

Friday Fish - Harry Ramsdens Fillet of Fish or Breaded Salmon Fillet with Tomato Sauce,

Pasta Neapolitan **V**

Chips, Mixed Pepper Couscous, Mushy Peas, Baked Beans, Garden Peas

Seasonal Salad Selection

Homemade Bread Selection including Granary

Homemade Fruity Apple Flapjack

Week

3

Monday

Big Breakfast - Baked Pork Sausage, Middle Back Bacon Rasher

Vegetable Sausage **V**

Oven Baked Hash Browns, Sliced Mushrooms, Plum Tomatoes, Baked Beans, Seasonal Salad Selection

Homemade Bread Selection

Homemade Lemon Drizzle Cake & Cream

Wednesday

Pulled Pork with Apple Sauce & 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 Topped Cheesecake

Friday

Friday Fish Selection including Harry Ramsdens Fillet of Fish with Tomato Sauce, Homemade Fish Pie

Crispy Garlic Bake **V**

Chips, Spicy Couscous, Seasonal Vegetable Selection or Baked Beans, Seasonal Salad Selection

Homemade Bread Selection

Homemade Chocolate Fudge Cake

Tuesday

Southern Style Chicken Fillet with Tomato Relish

Cheese & Egg Flan **V**

Golden Oven Baked Sliced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection

Homemade Bread Selection

Homemade Apple Whirl & Custard

Thursday

Beef Bolognese or Beef Lasagne *Lean Minced Beef cooked in a Rich Italian Tomato Sauce*

Vegetable Enchiladas **V**

Baby Jacket Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection

Homemade Bread Selection including Granary

Homemade Cookie with a Piece of Fresh Fruit

