



THIS WEEK'S MENU

MONDAY

Dish of the Day

Penne with Turkey Arabiatta

Vegetarian Option

Penne with Tomato,
Courgette, Peppers

Served with
Carrots & Fine Beans

Snack Option

Jacket/Sweet Potato
And a choice of Fillings

Dessert

Chocolate Mousse

OR

Fresh Fruits Salad & Greek
Yogurt

TUESDAY

Dish of the Day

Sausage and Mash with
Onion Gravy

Vegetarian Option

Cherry Tomato & Basil
Quiche

Served with
Garden Peas

Snack Option

Lighter Snack of The Day

Dessert

Fresh Fruits Salad

OR

Berries Coulis & Greek
Yogurt

WEDNESDAY

Dish of the Day

Chilli con Carne served with
Rice & Sour Cream

Vegetarian Option

Lentil & 3 Bean Chilli with
Rice

Served with
Broccoli & Sweetcorn

Snack Option

Jacket/Sweet Potato
And a choice of Fillings

Dessert

Mandarin Segments in
Orange Jelly

OR

Fresh Fruits Salad & Greek
Yogurt

THURSDAY

Dish of the Day

Roast Gammon with Roast
Potato and Gravy

Vegetarian Option

Roasted Peppers with
Courgette & Mushroom

Served with
Roast Carrot & Parsnip

Snack Option

Lighter Snack of The Day

Dessert

Dried Fruits Flapjack

OR

Fresh Fruits Salad & Greek
Yogurt

FRIDAY

Dish of the Day

Beef Burger with
Chips & Ketchup

Vegetarian Option

Tofu & Vegetable Fried Rice

Served with
Peas & Carrots

Snack Option

Jacket/Sweet Potato
And a choice of Fillings

Dessert

Fresh Fruits Salad

OR

Fruits Coulis & Greek Yogurt





THIS WEEK'S MENU

MONDAY

Dish of the Day

Beef Spaghetti Bolognaise

Vegetarian Option

Spaghetti with Spinach, Asparagus, Broad Bean

Served with Garden Peas

Snack Option

Jacket Potato
And a choice of Fillings

Dessert

Chocolate and Orange
Sponge with Custard

OR

Fresh Fruits & Greek Yogurt

TUESDAY

Dish of the Day

Turkey Stir-fry served with Noodles & Vegetables

Vegetarian Option

Oriental Vegetables in Tamarind sauce & Noodles

Served with Broccoli & Cauliflower

Snack Option

Lighter Snack of The Day

Dessert

Fresh Fruit Salad

OR

Fruits Coulis & Greek Yogurt

WEDNESDAY

Dish of the Day

Chicken Tikka Masala with Pulao Rice & Condiments

Vegetarian Option

Saag Aloo and Chickpea with Pulao Rice, Mango Chutney

Served with Spiced Peas

Snack Option

Jacket Potato
And a choice of Fillings

Dessert

Raspberries in Raspberry
Jelly

OR

Fresh Fruits & Greek Yogurt

THURSDAY

Dish of the Day

Roasted Pork served with Potatoes & Gravy

Vegetarian Option

Roasted Butternut Squash Ratatouille

Served with Roasted Seasonal Veg

Snack Option

Lighter Snack of The Day

Dessert

Lemon & Poppy Seeds Cake
with Cream

OR

Fresh Fruits & Greek Yogurt

FRIDAY

Dish of the Day

Breaded Fish served with Chips & Tartar Sauce

Vegetarian Option

Spanish Frittata

Served with Carrots & Garden Peas

Snack Option

Jacket Potato
And a choice of Fillings

Dessert

Fresh Fruit Salad

OR

Berry Coulis & Greek Yogurt





THIS WEEK'S MENU

MONDAY

Dish of the Day

Fusilli with Ham & Cheese
Sauce (or) Chicken & Basil
Tomato Sauce

Vegetarian Option

Fusilli with Cherry Tomato &
Basil Sauce

Served with
Broccoli & Peas

Snack Option

Jacket Potato
And a choice of Fillings

Dessert

Apple & Berries Crumble
with Custard
OR
Fresh Fruits & Greek Yoghurt

TUESDAY

Dish of the Day

Jerk Chicken with Rice &
Peas

Vegetarian Option

Roasted Peppers & Feta
Wrap with Salsa

Served with
Carrots & Corn

Snack Option

Lighter Snack of The Day

Dessert

Fresh Fruits Salad
OR
Granola & Greek Yoghurt

WEDNESDAY

Dish of the Day

Turkey & Lentil Curry served
with Steamed Rice

Vegetarian Option

Spinach Lentil & Chickpea
served with Steamed Rice

Served with
Steamed Fine Beans

Snack Option

Jacket Potato
And a choice of Fillings

Dessert

Strawberries in Strawberry
Jelly
OR
Fresh Fruits & Greek Yoghurt

THURSDAY

Dish of the Day

Roast Beef with Potatoes &
Gravy

Vegetarian Option

Sweet Potato & Red Pepper
Risotto

Served with
Roasted Seasonal Veg

Snack Option

Lighter Snack of The Day

Dessert

Peach Melba Cake with
Cream
OR
Fresh Fruits & Greek Yoghurt

FRIDAY

Dish of the Day

Meat Feast Pizza

Vegetarian Option

Pizza Margarita

Served with
Potato Wedges

Snack Option

Jacket Potato
And a choice of Fillings

Dessert

Fresh Fruits Salad
OR
Chilled Chocolate Custard

