



# THIS WEEK'S MENU

## MONDAY

### Dish of the Day

Penne with Turkey Arabiata

### 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 Fruit Salad & Greek  
Yoghurt

## TUESDAY

### Dish of the Day

Sausage and Mash with  
Onion Gravy

### Vegetarian Option

Cherry Tomato & Basil  
Quiche

Served with Peas

### Snack Option

Lighter Snack of The Day

### Dessert

Fresh Fruit Salad

OR

Berry Coulis & Greek  
Yoghurt

## 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 Fruit Salad & Greek  
Yoghurt

## THURSDAY

### Dish of the Day

Roast Gammon with Roast  
Potatoes and Gravy

### Vegetarian Option

Roasted Peppers with  
Courgette & Mushroom

Served with  
Roast Carrots & Parsnips

### Snack Option

Lighter Snack of The Day

### Dessert

Dried Fruit Flapjack

OR

Fresh Fruit Salad & Greek  
Yoghurt

## 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 Fruit Salad

OR

Fruit Coulis & Greek Yoghurt





# THIS WEEK'S MENU

## MONDAY

### Dish of the Day

Spaghetti Bolognese  
(Beef)

### Vegetarian Option

Spaghetti with Spinach,  
Asparagus & Broad Bean

Served with Peas

### Snack Option

Jacket Potato  
And a choice of Fillings

### Dessert

Chocolate and Orange  
Sponge with Custard  
OR  
Fresh Fruit & Greek Yoghurt

## 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  
Fruit Coulis & Greek Yoghurt

## WEDNESDAY

### Dish of the Day

Chicken Tikka Masala with  
Pilau Rice & Condiments

### Vegetarian Option

Saag Aloo and Chickpea  
Curry with Pilau Rice &  
Mango Chutney

Served with  
Spiced Peas

### Snack Option

Jacket Potato  
And a choice of Fillings

### Dessert

Raspberries in Raspberry  
Jelly  
OR  
Fresh Fruit & Greek Yoghurt

## THURSDAY

### Dish of the Day

Roast 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 Seed Cake  
with Cream  
OR  
Fresh Fruit & Greek Yoghurt

## FRIDAY

### Dish of the Day

Breaded Fish served with  
Chips & Tartar Sauce

### Vegetarian Option

Spanish Frittata

Served with  
Carrots & Peas

### Snack Option

Jacket Potato  
And a choice of Fillings

### Dessert

Fresh Fruit Salad  
OR  
Berry Coulis & Greek  
Yoghurt





# 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 & Berry Crumble with  
Custard  
OR  
Fresh Fruit & Greek Yoghurt

## TUESDAY

### Dish of the Day

Jerk Chicken with Cous  
Cous, Mixed Salad & Peas

### Vegetarian Option

Roasted Peppers & Feta  
Wrap with Salsa

Served with  
Carrots & Sweetcorn

### Snack Option

Lighter Snack of The Day

### Dessert

Fresh Fruit Salad  
OR  
Granola & Greek Yoghurt

## WEDNESDAY

### Dish of the Day

Turkey & Lentil Curry served  
with Steamed Rice

### Vegetarian Option

Spinach Lentil & Chickpea  
Curry 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 Fruit & 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 Fruit & Greek Yoghurt

## FRIDAY

### Dish of the Day

Meat Feast Pizza

### Vegetarian Option

Pizza Margherita

Served with  
Potato Wedges

### Snack Option

Jacket Potato  
And a choice of Fillings

### Dessert

Fresh Fruit Salad  
OR  
Strawberry Coulis & Yoghurt

