



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





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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





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