



WEEKS ENDING: 04/11/16, 25/11/16, 09/12/16, 13/01/17, 03/02/17, 03/03/17, 24/03/17
 Fresh fruit, jacket potatoes, salad selection, bread, cheese & biscuits, yoghurt and chilled water available daily

| WEEK ONE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|--|---|--|--|--|
| Main meal | Spaghetti bolognese | Chicken pie | Roast gammon and gravy | Sausage, bean and bacon casserole | Fish fingers Tuna pasta bake |
| Vegetarian option | Macaroni cheese | Lentil and butternut squash korma | Quorn roast | Mushroom and red pepper risotto | Vegetable nuggets |
| Vegetables | Two fresh seasonal vegetables of the day | Two fresh seasonal vegetables of the day Wholegrain rice Parsley potatoes | Two fresh seasonal vegetables of the day Roast potatoes | Two fresh seasonal vegetables of the day Creamy mash potato | Baked beans One fresh seasonal vegetable of the day Chipped potatoes |
| Dessert | Steamed fruit sponge and custard Low fat yoghurt Fruit cup | Fruit crumble and custard Low fat yoghurt Fruit cup | Flapjack and ice cream Low fat yoghurt Fruit cup | Mandarin jelly Low fat yoghurt Fruit cup | Mixed berry muffin Low fat yoghurt Fruit cup |

WEEKS ENDING: 11/11/16, 02/12/16, 16/12/16, 20/01/17, 10/02/17, 10/03/17, 31/03/17
 Fresh fruit, jacket potatoes, salad selection, bread, cheese & biscuits, yoghurt and chilled water available daily

| WEEK TWO | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|---|---|--|--|---|
| Main meal | Chicken tikka masala | Cottage pie | Roast chicken and stuffing | Homemade pizza with a selection of toppings | Salmon fishcakes Fish fingers |
| Vegetarian option | Quorn sweet and sour | Quorn mince pie | Vegetable and mixed bean lasagne | | Sweetcorn quiche |
| Vegetables | Raita and cucumber Vegetable samosa Wholegrain rice | Two fresh seasonal vegetables of the day Roast potatoes | Gravy Two fresh seasonal vegetables of the day | Two fresh seasonal vegetables of the day Sauté potatoes Coleslaw | Baked beans Two fresh seasonal vegetables of the day Chipped potatoes |
| Dessert | Artic roll Low fat yoghurt Fruit cup | Apple roly poly and custard Low fat yoghurt Fruit cup | Sultana and oat cookie Low fat yoghurt Fruit cup | Chocolate fudge cake and chocolate sauce Low fat yoghurt Fruit cup | Fruit trifle Low fat yoghurt Fruit cup |

WEEKS ENDING: 18/11/16, 06/01/17, 27/01/17, 24/02/17, 17/03/17, 07/04/17
 Fresh fruit, jacket potatoes, salad selection, bread, cheese & biscuits, yoghurt and chilled water available daily

| WEEK THREE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|--|---|--|---|---|
| Main meal | Barbecue chicken | Beef lasagne | Roast pork | Sausage and beans in a spicy tomato pasta bake | Kedgeree Fish fingers |
| Vegetarian option | Barbecue Quorn sausage Pitta pockets | Quorn and bean chilli | Vegetable and lentil lasagne | Loaded cheese and pepper skins | Stuffed tomato with rice and pepper |
| Vegetables | Two fresh seasonal vegetables of the day Jacket potato wedges | Two fresh seasonal vegetables of the day Rice/garlic bread | Apple sauce Gravy Two fresh seasonal vegetables of the day Roast potatoes | Two fresh seasonal vegetables of the day Whole grain pasta | Baked beans Two fresh seasonal vegetables of the day Chipped potatoes |
| Dessert | Fruity flapjack and custard Low fat yoghurt Fruit cup | Shortbread fingers and chocolate milk Low fat yoghurt Fruit cup | Pineapple upside down cake and custard Low fat yoghurt Fruit cup | Apple pie and custard Low fat yoghurt Fruit cup | Chocolate crunch and peppermint sauce Low fat yoghurt Fruit cup |