

Menu start week 02/11/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Couscous salad	Cherry tomato	Cucumber	Boiled eggs	Mixed peppers salad
Main	Beef Bolognese	Lamb curry	Pork sausage	Herb & garlic chicken	Breaded fish
Main Vegetarian	Veg Bolognese	Chickpea & lentil curry	Vegetable sausages	Herb & garlic Quorn	Roasted vegetable tart
On the Side...	Spaghetti Broccoli	Rice	Mash potato Peas	Couscous Roast vegetable	Potato wedges Carrots
For Afters	Apple and pear cake	Fruit Salad	Chocolate sponge	Raspberry jelly	Banana cake
	Emmental slices	Red Leicester	Cheddar cheese	Brie cheese	Gruyere cheese
	fresh fruit pot , yoghurt				

Menu start week 9/11/20

Meat Free Monday

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tomato salad Cucumber salad	Boiled Eggs	Cucumber	Pasta salad	Grated carrot
Main	Meat Free Monday Pesto pasta	Roast gammon	Beef lasagne	Creamy French mustard chicken (sauce on side)	Catch of Day
Main Vegetarian	Pesto pasta	Quorn roast	veg mince lasagne	Creamy French mustard Quorn	Spinach & tomato tart
On the Side...	Seasonal vegetable	Mash potato Peas	Garlic Bread Carrots	Rice Green beans	Couscous Ratatouille
For Afters	Banana cake	Fruit salad	Orange Jelly	Cheese & Biscuits	Yoghurts
	Blue cheese	Cheese & Biscuits	Red Leicester	Goat cheese	Brie cheese
	fresh fruit pot, yoghurt				

Menu start week 16/11/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Cucumber salad	Tabbouleh salad	Grated carrot	Tomato salad	Pasta salad
Main	Chicken wings (MS/GS/PS, sitting, chicken thighs no bones)	Beef burger	Pork stir fry	Chicken Biryani	Catch of Day (sauce on side)
Main Vegetarian	Vegetable roast	Veg burger	Vegetable stir fry	Vegetable Biryani	Breaded Vegetable sticks
On the Side...	Pasta Broccoli	Potato wedges Salad	Noodles Vegetables	Rice Naan bread	Couscous Cauliflower cheese
For Afters	Fruit salad	Chocolate cake	Strawberry jelly	Flapjack	Yoghurts
	Brie cheese	Blue cheese	Cheddar cheese	Gruyere cheese	Emmental slices
	fresh fruit pot , yoghurt				

Menu start week 2/11/20

Meat Free Monday

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tomato & mozzarella salad Cucumber salad	Tomato salad	Soup of the day	Caesar salad	Cucumber salad
Main	Meat Free Monday Baked potato	Chicken Paella	Roast pork	Beef Goulash	Baked Cod
Main Vegetarian	Baked potato	Vegetable Paella	Roast Quorn	Vegetable Goulash	Broccoli and cauliflower Vegetable bake
On the Side...	Baked beans Cheese	Roast vegetable	Roast potato Cabbage	Couscous Carrots	Pasta Broccoli
For Afters	Fruit salad	Yoghurts	Apple sponge	Blackcurrant Jelly	Lemon Mousse
	Red Leicester	Smoked apple wood	Brie cheese	Gouda cheese	Cheddar cheese
	fresh fruit pot , yoghurt				