

Week 1 Menu

	Monday	Tuesday
Main Course	<p>Spaghetti Bolognese</p> <p>-oOo-</p> <p>Macaroni Cheese</p> <p>(V)</p>	<p>Madras Chicken Curry with flavoured Rice</p> <p>-oOo-</p> <p>Quorn and Vegetable Burritos</p> <p>(V)</p>
Vegetables	<p>Sweetcorn Mixed Salad</p>	<p>Cabbage Carrots</p>
Jacket Potato	<p>Jacket Potatoes are freshly cooked each day with various fillings on offer such as Cheddar Cheese, Baked Beans and Tuna with Low Calorie Mayonnaise.</p>	
Pasta/Noodle Dish	<p>Tomato and herbs & Tomato & Chicken</p>	<p>Quorn Chilli Con Carne</p> <p>(V)</p>
Snack Meal	<p>Spicy Jerk Chicken with Rice</p>	<p>BBQ Chicken with Rice</p>
Dessert	<p>Eve's Sponge & Custard</p>	<p>Pineapple Upside Down Sponge & Custard</p>

Week 1 Menu

	Wednesday	Thursday
Main Course	<p>Italian Beef Lasagne with Garlic bread</p> <p>-oOo-</p> <p>Vegetable Quiche (V)</p>	<p>Roast Norfolk Turkey with Roast Potatoes & Veggie Gravy</p> <p>-oOo-</p> <p>Vegetable noodle Chow Mein (V)</p>
Vegetables	<p>Green Beans Sweetcorn</p>	<p>Cauliflower Broccoli</p>
Jacket Potato	<p>Jacket Potatoes are freshly cooked each day with various fillings on offer such as Cheddar Cheese, Baked Beans and Tuna with Low Calorie Mayonnaise.</p>	
Pasta/Noodle Dish	<p>Creamy Mushroom Sauce (V)</p>	<p>Roast Vegetable & Tomato (V)</p>
Snack Meal	<p>Hot Chicken Baguette</p>	<p>Lemon and Herb Chicken Drumsticks with Savoury Rice</p>
Dessert	<p>Steamed Chocolate Pudding & Choc Sauce</p>	<p>Fruit Crumble & Custard</p>

Week 1/2 Menu

	Friday	Monday
Main Course	<p>Crispy Coated Fish with Chips, Lemon & Tartar Sauce</p> <p>-oOo-</p> <p>Vegetable Cauliflower & Broccoli Bake (V)</p>	<p>Spicy Chicken Vegetable Bake</p> <p>-oOo-</p> <p>Tomato & Cheddar Tart (V)</p>
Vegetables	<p>Garden Peas Mixed Salad</p>	<p>Sweetcorn Mixed Salad</p>
Jacket Potato	<p>Jacket Potatoes are freshly cooked each day with various fillings on offer such as Cheddar Cheese, Baked Beans and Tuna with Low Calorie Mayonnaise.</p>	
Pasta/Noodle Dish	<p>Chicken & Herb</p>	<p>Tomato and herbs & Tomato & Chicken</p>
Snack Meal	<p>Hot Cheese and Roasted Vegetable Baguette (V)</p>	<p>Spicy Jerk Chicken with Rice</p>
Dessert	<p>Rice Pudding & fruit Jam</p>	<p>Mixed Fruit Sponge & Custard</p>

Week 2 Menu

	Tuesday	Wednesday
Main Course	Beef Stir Fry with Noodles -oOo- Alou Gobi (V)	Jerk Chicken with Rice 'n' Peas -oOo- Vegetable Quorn Caribbean Wraps (V)
Vegetables	Roasted Vegetable Combo	Sweet Potato Sweetcorn
Jacket Potato	Jacket Potatoes are freshly cooked each day with various fillings on offer such as Cheddar Cheese, Baked Beans and Tuna with Low Calorie Mayonnaise.	
Pasta/Noodle Dish	Quorn Chilli Con Carne (V)	Creamy Mushroom Sauce (V)
Snack Meal	BBQ Chicken with Rice	Hot Chicken Baguette
Dessert	Carrot Cake & Custard	Tropical Mixed Fruit Salad

Week 2 Menu

	Thursday	Friday
Main Course	Beef or Chicken Sausages with Creamy Mash Potatoes With Onions & Gravy -oOo- Vegetarian Sausage (v)	Crispy Coated Fish with Wedges, Lemon & Tartar Sauce -oOo- Cheese & Onion Whirl (v)
Vegetables	Fresh Carrots Broccoli	Garden Peas Mixed Salad
Jacket Potato	Jacket Potatoes are freshly cooked each day with various fillings on offer such as Cheddar Cheese, Baked Beans and Tuna with Low Calorie Mayonnaise.	
Pasta/Noodle Dish	Roast Vegetable & Tomato (v)	Chicken & Herb
Snack Meal	Lemon and Herb Chicken Drumsticks with Savoury Rice	Hot Cheese and Roasted Vegetable Sandwich (v)
Dessert	Vegetarian Fruit Jelly & Custard	Fruit Yogurt & Shortbread Biscuit

Week 3 Menu

	Monday	Tuesday
Main Course	<p>Herbed Meat Balls Noodles in Tomato Sauce</p> <p>-oOo-</p> <p>Quorn Mushroom & Spinach Lasagne (v)</p>	<p>Madras Chicken Curry with flavoured Rice</p> <p>-oOo-</p> <p>Tomato & Spring Onion Quiche (v)</p>
Vegetables	<p>Sweetcorn Mixed Salad</p>	<p>Cabbage Carrots</p>
Jacket Potato	<p>Jacket Potatoes are freshly cooked each day with various fillings on offer such as Cheddar Cheese, Baked Beans and Tuna with Low Calorie Mayonnaise.</p>	
Pasta/Noodle Dish	<p>Tomato and herbs & Tomato & Chicken</p>	<p>Quorn Chilli Con Carne (v)</p>
Snack Meal	<p>Spicy Jerk Chicken with Rice</p>	<p>BBQ Chicken with Rice</p>
Dessert	<p>Lemon & Coconut Sponge & Custard</p>	<p>Treacle Steamed Sponge & Custard</p>

Week 3 Menu

	Wednesday	Thursday
Main Course	<p>Chilli Mexican Beef Lasagne with Garlic bread</p> <p>-oOo-</p> <p>Quorn & Vegetable Burritos (v)</p>	<p>Roast Beef with Roast Potatoes & Veggie Gravy</p> <p>-oOo-</p> <p>Vegetable Noodle Chow Mein (v)</p>
Vegetables	<p>Green Beans Sweetcorn</p>	<p>Cauliflower Broccoli</p>
Jacket Potato	<p>Jacket Potatoes are freshly cooked each day with various fillings on offer such as Cheddar Cheese, Baked Beans and Tuna with Low Calorie Mayonnaise.</p>	
Pasta/Noodle Dish	<p>Creamy Mushroom Sauce (v)</p>	<p>Roast Vegetable & Tomato (v)</p>
Snack Meal	<p>Hot Chicken Baguette</p>	<p>Lemon & Herb Chicken Drumsticks with Savoury Rice</p>
Dessert	<p>Bakewell Tart & Custard</p>	<p>Fruit Crumble & Custard</p>

Week 3/4 Menu

	Friday	Monday
Main Course	Cheese Burger with Chips -oOo- Spicy Chilli Bean Burger (V)	Chicken Vegetable & Pasta Bake -oOo- Sweet Potato & Lentil Curry served with Bombay Potatoes (V)
Vegetables	Garden Peas Mixed Salad	Sweetcorn Mixed Salad
Jacket Potato	Jacket Potatoes are freshly cooked each day with various fillings on offer such as Cheddar Cheese, Baked Beans and Tuna with Low Calorie Mayonnaise.	
Pasta/Noodle Dish	Chicken & Herb Fish Fingers	Tomato and herbs & Tomato & Chicken
Snack Meal	Hot Cheese & Roasted Vegetable Sandwich (V)	Spicy Jerk Chicken with Rice
Dessert	Fruit Trifle & Sponge Finger	Orange & Cherry Sponge & Custard

Week 4 Menu

	Tuesday	Wednesday
Main Course	<p>Jollof Rice</p> <p>-oOo-</p> <p>Quorn and Vegetable Burritos (V)</p>	<p>(Vegetarian Day)</p> <p>Home Made Vegetable Pizza and Garlic Bread (V) -oOo-</p> <p>Vegetable Quiche (V)</p>
Vegetables	<p>Cabbage Carrots</p>	<p>Coleslaw Sweetcorn</p>
Jacket Potato	<p>Jacket Potatoes are freshly cooked each day with various fillings on offer such as Cheddar Cheese, Baked Beans and Tuna with Low Calorie Mayonnaise.</p>	
Pasta/Noodle Dish	<p>Quorn Chilli Con Carne (V)</p>	<p>Creamy Mushroom Sauce (V)</p>
Snack Meal	<p>BBQ Chicken with Rice</p>	<p>Hot Chicken Baguette</p>
Dessert	<p>Chelsea Buns</p>	<p>Lemon Cheesecake</p>

Week 4 Menu

	Thursday	Friday
Main Course	<p>Shepherds Pie</p> <p>-oOo-</p> <p>Vegetable noodle Chow Mein (v)</p>	<p>Crispy Coated Fish with Chips, Lemon & Tartar Sauce</p> <p>-oOo-</p> <p>Vegetable Pasta Bake (v)</p>
Vegetables	<p>Fresh Carrots Broccoli</p>	<p>Garden Peas Mixed Salad</p>
Jacket Potato	<p>Jacket Potatoes are freshly cooked each day with various fillings on offer such as Cheddar Cheese, Baked Beans and Tuna with Low Calorie Mayonnaise.</p>	
Pasta/Noodle Dish	<p>Roast Vegetable & Tomato (v)</p>	<p>Chicken & Herb</p>
Snack Meal	<p>Lemon & Herb Chicken Drumsticks with Savoury Rice</p>	<p>Hot Cheese & Roasted Vegetable Sandwich (v)</p>
Dessert	<p>Caramel Flan & Custard</p>	<p>Chocolate Iced Sponge Cake</p>