



**Monday** 

Sausage and Mash

Baked vegetables with layers

of potatoes





**Tuesday** 

Spaghetti Bolognaise

Vegetable Ratatouille

Side Salad

Jacket Wedges



Wednesday

Roast Chicken with Roast

**Potatoes** 

Tival Sausage

with Mashed Potato and

Onion Gravy

**Glazed Carrots** 

and another

fresh vegetable



**Thursday** 

Minced Beef, Potato and

Onion Pie with

**New Potatoes** 

Roast Vegetable Goulash and

Half a Jacket Potato

Green Cabbage

and another

fresh vegetable



#### Week 1

31st October; 21st November: 12th

December;		
2 <sup>nd</sup> January;	23 <sup>rd</sup>	January

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Dec	cember;		
2 <sup>nd</sup>	January;	23 <sup>rd</sup>	January

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Main	Meal	



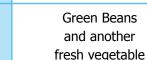




**Alternative Main** 

**Dishes** 

Vegetables













### **Tomato Pasta**

Jacket Potato with margarine with Baked Beans or Tuna Mayonnaise

Sandwich filled with Chicken, Tuna Mayonnaise or Egg Mayonnaise

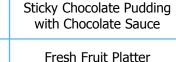
## **Always Available** with any Main Dish

Salads to include tomato, cucumber, beetroot, sweetcorn, coleslaw, grated carrot and daily specials and fresh bread

## Dessert

Apple Pudding with Custard	
Fresh Fruit Platter	Ī

Oaty Cherry & Apple Crumble with Custard



Gingerbread and Banana Cake with Custard

Fresh Fruit Platter

Rice Pudding with Berry Sauce

Fresh Fruit Platter

**Friday** 

Fish Fingers with

Chips

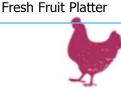
Red Pepper Pizza with Chips

Garden Peas or

**Baked Beans** 

















**Monday** 

Turkey Hot Pot ad Mashed

**Potatoes** 

Spicy Vegetables with Rice

Carrots and another

fresh vegetable

Custard

Fresh Fruit Platter





**Tuesday** 

Spaghetti Bolognaise

Vegetable Ratatouille

Side Salad

Jacket Wedges



Wednesday

**Roast Turkey** 

and Roast Potatoes

Sweet and Sour

Chinese Vegetables

Roast Parsnips and another

fresh vegetable



**Thursday** 

Mild Chicken Curry with

Rice or Potato

Stuffed Pepper with

Roast Vegetables and

Cous Cous Green Beans

and another

fresh vegetable



Week	2
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6 <sup>th</sup> November; 28 <sup>th</sup>
November; 19 <sup>th</sup>
December;
9th January; 30th January

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ry; 30 <sup>th</sup> January	

er;	19 <sup>th</sup>	
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ary;	30 <sup>th</sup>	January

nber; nuary; 30 <sup>th</sup> January	
Main Meal	









**Vegetables** 



# **Dishes**

# **Alternative Main**



## **Dessert**

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Custard

Fresh Fruit Platter









**Friday** 

Fish Fingers with

**Chipped Potatoes** 

Vegetarian Burger in a

Bun and Chips

Garden Peas or

**Baked Beans** 

Tropical Fruit Flapjack

with Custard

Tomato Pasta

Jacket Potato with margarine with Baked Beans or Tuna Mayonnaise

Sandwich filled with Chicken, Tuna Mayonnaise or Egg Mayonnaise

Salads to include tomato, cucumber, beetroot, sweetcorn, coleslaw, grated carrot and daily specials and fresh bread

Fresh Fruit Platter

Spiced Carrot Cake with Apple and Cinnamon Pie with

Lemon Drizzle Sponge

Brownie with Chocolate with Custard Sauce

Fresh Fruit Platter

Chocolate and Beetroot

Fresh Fruit Platter

















<b>Week 3</b> 13 <sup>th</sup> November; 5 <sup>th</sup> December; 16 <sup>th</sup> January; 6 <sup>th</sup> February	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Meal	Beef Mince Cottage Pie	Spaghetti Bolognaise	Roast Turkey and Roast Potatoes	Chicken and Sweetcorn Puff Pie with Mash	Fish Fingers with Chips	
Vegetarian Meal	Sweet Potato and Spinach Curry with Rice	Vegetable Ratatouille	Vegetable Curry and Rice	Spicy Vegetable Wrap	Vegetable Pizza with Chips	
Vegetables	Carrots and another fresh vegetable	Side Salad Jacket Wedges	Cabbage and another fresh vegetable	Roast Vegetables and another fresh vegetable	Garden Peas Baked Beans	
Alternative Main Dishes	Tomato Pasta Jacket Potato with margarine with Baked Beans or Tuna Mayonnaise Sandwich filled with Chicken, Tuna Mayonnaise or Egg Mayonnaise					
Always Available with any Main Dish	Salads to include tomato, cucumber, beetroot, sweetcorn, coleslaw, grated carrot and daily specials and fresh bread					
Dessert	Toffee Apple Crumble with Custard	Pineapple Upside Down Pudding Sticky with Custard	Spiced Plum and Apple Crumble with Custard	Orange & Courgette Cake with Custard	Chocolate and Banana Sponge with Toffee Sauce	



Fresh Fruit Platter





Fresh Fruit Platter



Fresh Fruit Platter



Fresh Fruit Platter



Fresh Fruit Platter