



Week 1

31st October; 21st November; 12th December;
2nd January; 23rd January

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sausage and Mash	Spaghetti Bolognese	Roast Chicken with Roast Potatoes	Minced Beef, Potato and Onion Pie with New Potatoes	Fish Fingers with Chips
Vegetarian Meal	Baked vegetables with layers of potatoes	Vegetable Ratatouille	Tival Sausage with Mashed Potato and Onion Gravy	Roast Vegetable Goulash and Half a Jacket Potato	Red Pepper Pizza with Chips
Vegetables	Green Beans and another fresh vegetable	Side Salad Jacket Wedges	Glazed Carrots and another fresh vegetable	Green Cabbage and another fresh vegetable	Garden Peas or Baked Beans
Alternative Main Dishes	<p>Tomato Pasta</p> <p>Jacket Potato with margarine with Baked Beans or Tuna Mayonnaise</p> <p>Sandwich filled with Chicken, Tuna Mayonnaise or Egg Mayonnaise</p>				
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	Oaty Cherry & Apple Crumble with Custard	Sticky Chocolate Pudding with Chocolate Sauce	Gingerbread and Banana Cake with Custard	Rice Pudding with Berry Sauce
	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter



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Week 2

6th November; 28th November; 19th December; 9th January; 30th January

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Turkey Hot Pot ad Mashed Potatoes	Spaghetti Bolognaise	Roast Turkey and Roast Potatoes	Mild Chicken Curry with Rice or Potato	Fish Fingers with Chipped Potatoes
Vegetarian Meal	Spicy Vegetables with Rice	Vegetable Ratatouille	Sweet and Sour Chinese Vegetables	Stuffed Pepper with Roast Vegetables and Cous Cous	Vegetarian Burger in a Bun and Chips
Vegetables	Carrots and another fresh vegetable	Side Salad Jacket Wedges	Roast Parsnips and another fresh vegetable	Green Beans and another fresh vegetable	Garden Peas or Baked Beans
Alternative Main Dishes	<p>Tomato Pasta</p> <p>Jacket Potato with margarine with Baked Beans or Tuna Mayonnaise</p> <p>Sandwich filled with Chicken, Tuna Mayonnaise or Egg Mayonnaise</p>				
Always Available with any Main Dish	Salads to include tomato, cucumber, beetroot, sweetcorn, coleslaw, grated carrot and daily specials and fresh bread				
Dessert	Spiced Carrot Cake with Custard	Apple and Cinnamon Pie with Custard	Lemon Drizzle Sponge with Custard	Chocolate and Beetroot Brownie with Chocolate Sauce	Tropical Fruit Flapjack with Custard
	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter



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Week 3

13th November; 5th December; 16th January; 6th February

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beef Mince Cottage Pie	Spaghetti Bolognese	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

