

## Weekly Menu



Vegetarian options are available. Any change due to seasons is available.

### Week one

Week Commencing: 12/11, 3/12, 7/1/19, 28/1, 25/2, 18/3, 8/4

#### MONDAY

**Main meal...**

British Pork Sausages with Gravy and Creamy Mashed Potatoes  
(v,h) Doug's Farmhouse Omelette with Baked Potato Wedges  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Vegetables of the Day  
**For dessert...**  
(v,h) Homemade Flapjack  
(v) Cheddar Cheese, Crackers & Apple  
(v) Organic Yoghurt or Fresh Fruit

#### TUESDAY

**Main meal...**

BBQ Chicken Fillet Bites in a Wrap, Baked Potato Wedges  
(v,h) Vegetable Pasta Bake, with Malted Wheat Baguette  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Corn on the Cob or Peas  
**For dessert...**  
(v,h) Toffee Apple Sponge with Custard  
(v) Ice Cream Tub  
(v) Organic Yoghurt or Fresh Fruit

#### WEDNESDAY

**Main meal... ROAST DAY**

British Roast Beef, Yorkshire Pudding, Gravy, Crispy Roast Potatoes  
(v) Veggie Toad in the Hole, Gravy, Crispy Roast Potatoes  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Vegetables of the Day  
**For dessert...**  
(v,h) Chocolate Crunch Biscuit  
(v) Organic Yoghurt or Fresh Fruit

#### THURSDAY

**Main meal...**

(h) Homemade Mild Chicken Tikka with Wholegrain Rice  
(v) Cheese and Tomato Pizza Wedge, Crispy Potatoes  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Vegetables of the Day  
**For dessert...**  
(v,h) Lemon or Orange Drizzle Cake  
(v) Organic Yoghurt or Fresh Fruit

#### FRIDAY

**Main meal... FISHY FRIDAY**

(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes  
(v,h) Chinese Style Quorn with Noodles  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Peas or Baked Beans  
**For dessert...**  
(v) Pancakes with Fruit Toppings  
(v) Organic Yoghurt or Fresh Fruit

### Week two

Week Commencing: 19/11, 10/12, 14/1/19, 4/2, 4/3, 25/3, 29/4

#### MONDAY

**Main meal...**

Organic Beef Grill in a High Fibre Bun, Baked Potato Wedges  
(v,h) Saffron's Vegetable and Lentil Korra, Wholegrain Rice  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Vegetables of the Day  
**For dessert...**  
(v) Creamy Whip with Fruit  
(v,h) Homemade Favourite Cookie  
(v) Organic Yoghurt or Fresh Fruit

#### TUESDAY

**Main meal...**

(h) Homemade Chicken Pie, Gravy, Creamy Mash or Crispy Potatoes  
(v) Linda McCartney Veggie Sausage Hot Dog, Crispy Potatoes  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Vegetables of the Day or Baked Beans  
**For dessert...**  
(v,h) First Homemade Fruit Muffin Traybake or (v) Ice Cream Tub  
(v) Organic Yoghurt or Fresh Fruit

#### WEDNESDAY

**Main meal... ROAST DAY**

British Roast Pork Joint/Loin or Gammon Joint, Apple Sauce, Gravy, Crispy Roast Potatoes  
(v,h) Cheesy Pasta Bake, Malted Wheat Baguette  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Vegetables of the Day  
**For dessert...**  
(v,h) Up Beat Chocolate Cake  
(v) Organic Yoghurt or Fresh Fruit

#### THURSDAY

**Main meal...**

(h) Pasta with Doug's Organic Beef Bolognese Sauce, (h) Garlic Bread  
(v,h) Not Too Spicy Vegetable Burrito  
Baked Potato Wedges  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Vegetables of the Day  
**For dessert...**  
(v,h) Apple Pudding & Custard  
(v) Strawberry Swirl Mousse  
(v) Organic Yoghurt or Fresh Fruit

#### FRIDAY

**Main meal... FISHY FRIDAY**

(msc) Harry Ramsden's Seaside Salmon Fish Fillet, Criss-Cross Potatoes  
(v,h) Saffron's Homemade Favourite Quiche, Criss-Cross Potatoes  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Peas or Baked Beans  
**For dessert...**  
(v) Cheddar Cheese, Crackers & Apple Jelly with Peaches  
(v) Organic Yoghurt or Fresh Fruit

### Week three

Week Commencing: 26/11, 17/12, 24/1/19, 11/2, 11/3, 1/4, 6/5

#### MONDAY

**Main meal...**

Doug's Organic Pork Meatballs, Rich Tomato Gravy and Pasta  
(v,h) Broccoli and Sweetcorn Bake, Malted Wheat Baguette  
Vegetables layered between sliced potatoes and baked in a creamy sauce  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Vegetables of the Day  
**For dessert...**  
(v,h) Homemade Zesty Orange Cookie  
(v) Organic Yoghurt or Fresh Fruit

#### TUESDAY

**Main meal...**

Tasty Brunich Lunch - bacon medallion, pork sausage and potato wedges served with baked beans or tomatoes  
(v) Breadcrumbed Vegetable Fingers, Baked Potato Wedges  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Baked Beans or Tomatoes  
**For dessert...**  
(v,h) Chef's Fruit Crumble with Custard  
(v) Ice Cream Tub  
(v) Organic Yoghurt or Fresh Fruit

#### WEDNESDAY

**Main meal... ROAST DAY**

Roast Chicken Fillet or Joint, Gravy and Crispy Roast Potatoes  
(v,h) Vegetable Lasagne, Malted Wheat Baguette filled with Mediterranean vegetables in rich tomato sauce  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Vegetables of the Day  
**For dessert...**  
(v,h) Homemade Iced Sponge  
(v) Organic Yoghurt or Fresh Fruit

#### THURSDAY

**Main meal...**

(h) Organic Minced Beef Pie with a Puff Pastry Top, Gravy, Creamy Mash or Crispy Potatoes  
(v,h) Homemade Rustic Cheese & Tomato Pizza, Crispy Potatoes  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Vegetables of the Day  
**For dessert...** Jelly with Fruits in Juice,  
(v,h) Homemade Templing Triangle cruddy oaty biscuit with a cherry on the top  
(v) Organic Yoghurt or Fresh Fruit

#### FRIDAY

**Main meal... FISHY FRIDAY**

(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes  
(v,h) Quorn Korra with Wholegrain Rice  
(v) Filled Jacket Potato Choice

**On the side...**

Fresh Salad Bar  
Peas or Baked Beans  
**For dessert...**  
(v,h) Homemade Chocolate Cracknel  
(v) Organic Yoghurt or Fresh Fruit