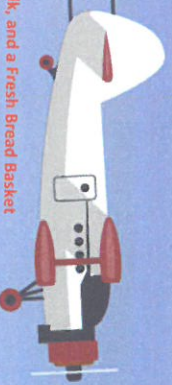


Weekly Menu

Every day we offer: Fruit Juice Cordial, Organic Semi Skimmed Milk, and a Fresh Bread Basket. Ketchup is offered with selected dishes. Items in BLUE denote contents of Deli Bag



Week one

Week Commencing: 14/5, 11/6, 2/7, 3/9, 24/9, 15/10

MONDAY

Main meal...
British Pork Sausages with Gravy and Creamy Mashed Potatoes
(V) Fusilli Pasta with a Rich Tomato Sauce, Fresh Baked Bread
(V) Filled Jacket Potato Choice
(V) Cheddar Cheese Soft Bap

On the side...
Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day
For dessert...
(V) Strawberry Swirl Mousse
(V) Organic Yoghurt or Fresh Fruit
(V) Fruit Bag and Chef's (h) Biscuit

TUESDAY

Main meal...
Chinese Style Turkey Meatballs with Egg Noodles
(V/h) Homemade Cheese and Potato Pie
(V) Filled Jacket Potato Choice
British Roast Chicken Wrap

On the side...
Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day or Baked Beans
For dessert...
(V/h) Saffron's Citrus Sponge with Mandarin Oranges or (V) Organic Yoghurt or Fresh Fruit (V) Raisin Box

WEDNESDAY

Main meal... ROAST DAY
British Roast Pork Joint or Loim with Apple Sauce and Gravy with Roast Potatoes
(V/h) Saffron's Vegetable and Lentil Korma, Wholegrain Rice
(V) Filled Jacket Potato Choice
Sliced Ham Soft Bap

On the side...
Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day
For dessert...
(V/h) Saffron's Homemade Cookie
(V) Organic Yoghurt or Fresh Fruit
(V) Fruit Bag

THURSDAY

Main meal...
Homemade Chicken Pie, Gravy and Mashed Potatoes or Wedges
(V) Veggie Toad in the Hole, Gravy and Mashed Potatoes or Wedges
(V) Filled Jacket Potato Choice
Sliced Turkey Sandwich

On the side...
Vegetable Sticks/Fresh Salad Bar
Reece's Super Greens (mixed green veggie)
Fresh Carrots
For dessert...
(V/h) Orchard Fruits Cumble, Custard
(V) Organic Yoghurt, Fresh Fruit, Raisins

FRIDAY

Main meal... FISHY FRIDAY
(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes
(V) Doug's Favourite Organic 3 Bean Chilli with Rice
(V) Filled Jacket Potato Choice
(V) Egg Mayo and Cress Soft Bap

On the side...
Vegetable Sticks/Fresh Salad Bar
Peas or Baked Beans
For dessert...
(V/h) Homemade Chocolate Cracknel
(V) Organic Yoghurt or Fresh Fruit
(V) Fruit Bag

Week two

Week Commencing: 21/5, 18/6, 9/7, 10/9, 1/10, 22/10

MONDAY

Main meal...
Doug's Organic Pork Meatballs, Rich Tomato Sauce and Pasta
(V/h) Doug's Farmhouse Omelette with Fresh Baked Bread
(V) Filled Jacket Potato Choice
British Roast Chicken Soft Bap

On the side...
Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day
For dessert...
(V) Cheddar Cheese, Crackers and Apple Wedge or (V) Ice Cream Tub or Fresh Fruit

TUESDAY

Main meal...
Red Tractor Mild Chicken Korma, Wholegrain Rice
(V) Linda McCartney Veggie Sausages, Crispy Diced Potatoes
(V) Filled Jacket Potato Choice
Sliced Ham Sandwich

On the side...
Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day/Baked Beans
For dessert...
(V/h) Iris's Homemade Very Berry Muffin
(V) Organic Yoghurt or Fresh Fruit
(V) Raisin Box

WEDNESDAY

Main meal... ROAST DAY
British Roast Beef with Yorkshire Pudding, Gravy & Roast Potatoes
(V/h) Chinese Style Quorn "Meatballs" with Egg Noodles
(V) Filled Jacket Potato Choice
(V) Cheddar Cheese Wrap

On the side...
Vegetable Sticks/Fresh Salad Bar
Reece's Super Greens (mixed green veggie)
Vegetables of the Day
For dessert...
(V/h) Iris's Superfood Granola Bar or Jelly and Peaches
(V) Organic Yoghurt or Fresh Fruit

THURSDAY

Main meal...
(h) Cheesy Barbeque Bacon Pasta with Potato Wedges
(V) Margherita Pizza Slice with Potato Wedges
(V) Filled Jacket Potato Choice
Sliced Turkey Soft Bap

On the side...
Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day
For dessert...
(V/h) Homemade Syrup Sponge & Custard
(V) Organic Yoghurt or Fresh Fruit
(V) Raisin Box

FRIDAY

Main meal... FISHY FRIDAY
*(msc) Harry Ramsden's Seaside Fish Fillet, Criss-Cross Potatoes
(V/h) Saffron's Homemade Roasted Vegetable Quiche, Criss-Cross Potatoes
(V) Filled Jacket Potato Choice
Tuna Mayonnaise Soft Bap

On the side...
Vegetable Sticks/Fresh Salad Bar
Peas or Baked Beans
For dessert...
(V/h) Doug's Homemade Chocolate Flapjack
(V) Organic Yoghurt or Fresh Fruit
(V) Fruit Bag

Week three

Week Commencing: 4/6, 25/6, 16/7, 17/9, 8/10, 5/11

MONDAY

Main meal...
Organic Beef Grill in a High Fibre Bun, Crispy Diced Potatoes
(V/h) Vegetable Risotto Bake with Fresh Baked Bread
(V) Filled Jacket Potato Choice
(V) Cheddar Cheese Soft Bap

On the side...
Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day
For dessert...
(V) Ice Cream Tub
(V) Organic Yoghurt or Fresh Fruit
(V) Raisin Box

TUESDAY

Main meal...
The Nutrigang's Tasty Brunch Lunch (bacon medallion, pork sausage and baked beans served with fresh baked bread)
(V/h) Cheesy Pasta Bake with Fresh Baked Bread
(V) Filled Jacket Potato Choice
British Roast Chicken Wrap

On the side...
Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day
For dessert...
(V/h) Eve's Pudding with Custard
(V) Organic Yoghurt or Fresh Fruit
(V) Fruit Bag

WEDNESDAY

Main meal... ROAST DAY
Roast Chicken Fillet or Joint with Gravy and Roast Potatoes
(V/h) Vegetarian Chilli (made with Linda McCartney veggie mince) with Rice
(V) Filled Jacket Potato Choice
Sliced Ham Soft Bap

On the side...
Vegetable Sticks/Fresh Salad Bar
Reece's Super Greens (mixed green veggie)
Vegetables of the Day
For dessert...
(V/h) Homemade Shortbread
(V) Organic Yoghurt, Fresh Fruit, Raisins

THURSDAY

Main meal...
(h) Spaghetti Bolognese made with Organic Minced Beef, Fresh Baked Bread
(V/h) Homemade Rustic Cheese & Tomato Pizza, Potato Wedges
(V) Filled Jacket Potato Choice
Tuna Mayonnaise Sandwich

On the side...
Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day
For dessert...
Strawberry Mousse with Jelly and Fruit
(V) Organic Yoghurt or Fresh Fruit
(V) Fruit Bag

FRIDAY

Main meal... FISHY FRIDAY
(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes
(V) Veggie Hot Dog with Chipped Potatoes
(V) Filled Jacket Potato Choice
(V) Egg Mayo and Cress Soft Bap

On the side...
Vegetable Sticks/Fresh Salad Bar
Vegetables of the Day
For dessert...
(V/h) Up Beat Chocolate Cake
(V) Organic Yoghurt or Fresh Fruit
(V) Raisin Box

