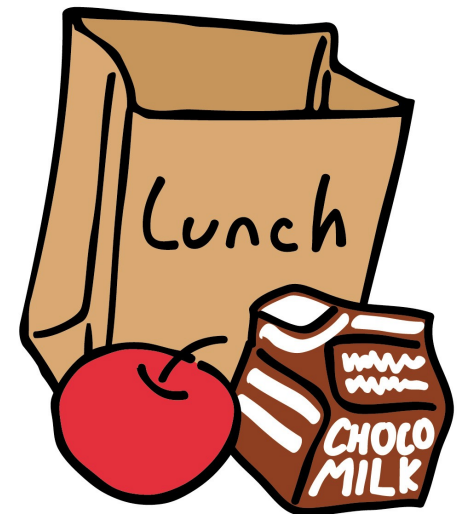




3 Week Menu

2019 / 2020



WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main & Vegetarian Option	Chicken burger <hr/> Vegetable burger V	Chicken curry <hr/> Vegetable curry V	Roast beef <hr/> Quorn toad in the hole V	Spaghetti bolognaise <hr/> Vegetable bolognaise V	fish <hr/> Cheese & onion quiche
Potato filling & Pasta	Herby diced potatoes	Boiled rice	Roast Potatoes Mash Yorkshire pudding	Garlic bread	chips
Vegetables	Sweetcorn & peas	broccoli	Carrots & green beans	Mixed vegetables	Peas or baked beans
Pudding a selection daily	Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,	Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,	Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,	Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,	Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,
Everyday Options	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main & Vegetarian Option	Chicken nuggets ----- Vegetable fingers	Sausage casserole ----- Quorn sausage casserole	Roast chicken ----- Quorn piece	lasagne ----- Vegetable lasagne	pizza ----- Fish cakes
Potato filling & Pasta	Sautee potatoes	New potatoes	Mash Roast Potatoes stuffing	Garlic bread	chips
Vegetables	Baked Beans or peas	Mixed vegetables	Cauliflower carrots	sweetcorn	Baked beans or peas
Pudding a selection daily	----- Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,	----- Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,	----- Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,	----- Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,	----- Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,
Everyday Options	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main & Vegetarian Option	Beef burgers <hr/> Quorn hot dogs	Cottage pie <hr/> Vegetable pie	Roast pork <hr/> Quorn sausage	meatballs <hr/> Tomato pasta	fish <hr/> Cheese and onion pasties
Potato filling & Pasta	Herby diced potatoes	potato	Mash Roast Potatoes stuffing	spaghetti	chips
Vegetables	sweetcorn	carrots	Mixed vegetables	peas	Baked beans or peas
Pudding a selection daily	<hr/> Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,	<hr/> Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,	<hr/> Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,	<hr/> Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,	<hr/> Fruit, Flap Jack, Shortbread , Cookies, Jelly brownies, various muffins, cheese cake, jam parcels,
Everyday Options	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order	Full salad bar Jacket potatoes to order Sandwiches, Baguettes, Wraps and Buns all made to order