



Week 1

Main

Vegetarian

Carbs

Vegetables

Pudding



Monday

Cottage Pie

Quorn Cottage Pie

Yorkshire Pudding

Green Beans

Mango & Orange Smoothie

Tuesday

Meatballs in tomato

Quorn Meatballs

Pasta and Bread

Sweetcorn

Fruity Flapjack

Wednesday

Gammon & Pineapple

Quorn Fillet Loaf

Roast Potatoes

Carrots & Cabbage

Beetroot & Chocolate Brownie/Muffin

Thursday

Chicken Pasta

Macaroni Cheese

Large Mixed Salad

Sponge Cake

Friday

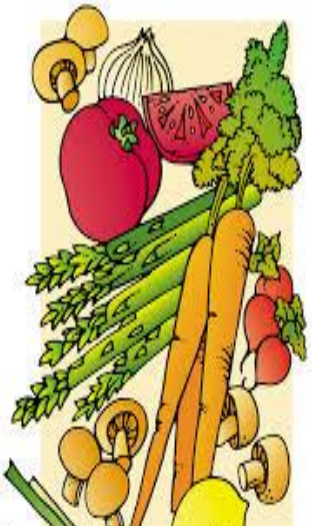
Breaded Salmon

Veg Breaded Grill

Spicy Wedges

Peas

Lemon Shortbread



Jugs of Water, Yoghurts Daily



Freshly baked potatoes served with a choice of filling plus salad or hot vegetable accompaniment. The following fillings are served as a daily special:

- Homemade Coleslaw
- Baked Beans
- Cheddar Cheese
- Tuna Mayonnaise
- BBQ Beans

Sandwiches available on a selection of breads with salad accompaniment. Serve the following fillings every day, plus the daily special:

- Egg Mayonnaise
- Tuna Mayonnaise
- Cheddar Cheese
- Hummus
- Cheese & Bean Pitta

Freshly prepared salad served each day with, tomato, cucumber, lettuce, peppers. Plus daily special:

- Couscous
- Potato salad
- coleslaw rice salad
- pasta salad