



## TASTY MAINS

**Monday**  
Dirty Fries with stringy Cheese Sauce, Tortillas Chips & Bean Chilli

**TUESDAY**  
Chicken Tika Masala with Naan, Cucumber & Mint Yoghurt Raita

**WEDNESDAY**  
Shepards Pie With Crispy Hash Potatoes & Braised Red Cabbage

**THURSDAY**  
Shredded Cajun chicken Wrap with Slaw, Cheese & Salsa

**FRIDAY**  
Cod Fish Cake with Homemade Tartar Sauce



## veggie LOVERS

**MONDAY**  
Penne Pasta With Italian Quorn Bolognaise

**TUESDAY**  
Vegetable & Chickpea Masala With Mango Chutney

**WEDNESDAY**  
Root Vegetable Vegetable & Lentil Cottage Pie

**THURSDAY**  
Pulled Quorn Cajun Wrap With Slaw , Cheese & Salsa

**FRIDAY**  
Cauliflower Cheese Topped with Crispy Vegan Bacon

## ON THE SIDE

**MONDAY**  
Garlic Focaccia Roast Ratatouille House Salad

**TUESDAY**  
Pilau Rice Broccoli & Greens

**WEDNESDAY**  
Braised Red Cabbage Green Beans

**THURSDAY**  
Rice & Peas Roasted Cauliflower & Carrots

**FRIDAY**  
Oven Chips Garden Peas Baked Beans

*Glorious Food*

## Light Bites

**MONDAY**  
Plant Based Meatballs Marinara

**TUESDAY**  
Steamed Penne Pasta With Homemade Pesto

**WEDNESDAY**  
Baked Potato With Cottage Cheese

**THURSDAY**  
Puff Pastry Vegan Sausage Roll

**FRIDAY**  
Baked Potato, Mexican BBQ Bean & Sour Cream

## DESSERTS

**MONDAY**  
Creamy Rice Pudding With Jam Sauce Fresh Fruit & Fruit Yoghurt

**TUESDAY**  
Fruit Jellies Fresh Fruit & Fruit Yogurt

**WEDNESDAY**  
Mango Yoghurt Granola Fresh Fruit & Fruit Yogurt

**THURSDAY**  
Toffee Cake & Custard Fresh Fruit & Fruit Yoghurt

**FRIDAY**  
Peach Melba Fresh Fruit & Fruit Yogurt

**THIS Weeks MENU** w/c 11/9 & 2/10

**PICK & MIX SALADS AVAILABLE DAILY**



## TASTY MAINS

### MONDAY

Oriental Sweet & Sour Chicken With Steamed Rice

### TUESDAY

Spiced Lamb With Cous Cous & Minted Yoghurt

### WEDNESDAY

Rosemary, Thyme & Lemon Roast Chicken

### THURSDAY

Buttered Chicken Curry With Mango Chutney and Raita

### FRIDAY

American style Chilli Dog With Fries & Relish



## veggie LOVERS

### MONDAY

Lentil & Sweet Potatoes Goulash With Sour Cream

### TUESDAY

Spanish Potato Frittata With Homemade Aioli

### WEDNESDAY

Grilled Quorn Sausage With Red Onion Gravy

### THURSDAY

Chickpea, Potato, Red Pepper Masala

### FRIDAY

Veggie Burgers with Relish & Ciabatta

## ON THE SIDE

### MONDAY

Garden Peas & Sweet Corn Steamed Rice

### TUESDAY

Crushed New Potatoes Spring Greens Broccoli

### WEDNESDAY

Rustic Roast Potato Roast Parsnip & Carrot Gravy

### THURSDAY

Yellow Rice, Naan, Hispi Cabbage & Greens Beans

### FRIDAY

Oven Baked Wedges Garden Peas Baked Beans

*Glorious Food*

## Light Bites

### MONDAY

Baked Potato With Cowboy Bean & Cheese

### TUESDAY

Tomato & Basil Pasta with Garlic & Rocket (GF Pasta available)

### WEDNESDAY

Baked Sweet Potato, Cottage Cheese

### THURSDAY

Red Pesto & Basil Penne Pasta

### FRIDAY

Baked Potato, Tuna & Cheese

## DESSERTS

### MONDAY

Syrup Sponge & Custard Fresh Fruit & Fruit Yoghurt

### TUESDAY

Lemon Mousse Fresh Fruit & Fruit Yoghurt

### WEDNESDAY

Toffee Cheesecake Fresh Fruit & Fruit Yoghurt

### THURSDAY

Spiced Stewed Apples & Custard Fresh Fruit & Fruit Yoghurt

### FRIDAY

Organic Fruit Juice Lollies Fresh Fruit & Fruit Yoghurt

# THIS Weeks MENU w/c 18/9 & 9/10

## PICK & MIX SALADS AVAILABLE DAILY



# TASTY MAINS

- MONDAY**  
Slow Cooked Turkey Madras with Roasted Chickpeas
- TUESDAY**  
Puff Pastry Topped Chicken, Leek & Tarragon Pie
- WEDNESDAY**  
Slow Roasted Glazed Belly Pork with Beetroot
- THURSDAY**  
Mexican Spiced Lamb Chill With Tortilla Chips & Rice
- FRIDAY**  
Oven Baked Cod Fish Finger with Tartar Sauce & Wedges



# veggie LOVERS

- MONDAY**  
Chunky Sweet Potato Tarka Dal with Mango Chutney
- TUESDAY**  
Cheese & Potato Pie with BBQ Beans
- WEDNESDAY**  
Vegetable Laksa Noodle with Fine Beans
- THURSDAY**  
Wholemeal Pasta with Arrabbiata Sauce
- FRIDAY**  
Ciabatta Three Cheese Rarebit with Tomato Relish

# ON THE SIDE

- MONDAY**  
Steamed Yellow Rice  
Steamed Broccoli  
Roasted Carrots
- TUESDAY**  
Crushed Potatoes  
Baby Corn & Garden Peas
- WEDNESDAY**  
Sauté Potatoes  
Green Beans  
Roast Cauliflower
- THURSDAY**  
Garlic Bread  
Sweetcorn & Roast Peppers
- FRIDAY**  
Garden Peas  
Potato Wedges  
Baked Beans



- MONDAY**  
Baked Potato  
Tuna Sweetcorn Mayo
- TUESDAY**  
Creamy Smoked salmon Orzo Bake
- WEDNESDAY**  
Sweet Basil Pesto Penne Pasta
- THURSDAY**  
Leek, Cheese & Bacon Loaded jacket skins
- FRIDAY**  
Baked Potato, Baked Beans & Cheese



- MONDAY**  
Apple & Sultana Cake with Vanilla Cream  
Fresh Fruit & Fruit Yogurt
- TUESDAY**  
Vegan Fruit Jelly  
Fresh Fruit & Fruit Yogurt
- WEDNESDAY**  
Cherry Granola  
Fresh Fruit & Fruit Yogurt
- THURSDAY**  
Hot Waffles with Chocolate Sauce  
Fruit Fruit, Yogurt
- FRIDAY**  
Ice Cream Pots  
Fresh Fruit & Fruit Yogurt

# THIS Weeks MENU w/c 25/9 & 16/10

# PICK & MIX SALADS AVAILABLE DAILY