

MENU CYCLE WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday
CREAMY CHICKEN CURRY Pieces of fresh chicken cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk and stock	MEATBALL PASTA BAKE Fresh pork meatballs baked in the oven and mixed with pasta and a homemade arrabiata sauce, topped with cheese then baked in the oven	SAUSAGE & MASH Butchers quality sausages baked in the oven and served on a bed of creamy mashed potato with gravy	BEEF LASAGNE Fresh minced beef cooked with onions, garlic, tomatoes, and herbs, then layered between sheets of lasagne and topped with a béchamel sauce, baked in the oven, and served with salad	SOUTHERN FRIED CHICKEN WRAPS Tortilla wraps filled with breaded chicken pieces and salad served with a variety of sauces
VEGETARIAN OPTION				
CREAMY QUORN CURRY Quorn pieces cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk and stock	ARRABIATTA PASTA BAKE Cooked pasta mixed with a homemade arrabiata sauce and topped with cheese then baked in the oven	VEGGIE SAUSAGE & MASH Vegetarian sausages baked in the oven and served on a bed of creamy mashed potato with gravy	VEGGIE LASAGNE Quorn mince cooked with onions, garlic, tomatoes, and herbs, then layered between sheets of lasagne and topped with a béchamel sauce, baked in the oven, and served with salad	SOUTHERN FRIED QUORN WRAPS Tortilla wraps filled with Quorn strips and salad, served with a variety of sauces
Rice Green Beans Salad	Rice Sweetcorn Salad	Garden Peas	Sweetcorn	Fries Baked Beans or salad
OR				
HOT ALTERNATIVES Also, available daily, a selection of Pizza Slices, Filled Panini's Sandwiches, Jacket Potatoes with various fillings, Hot Chicken Wraps and Pasta with a selection of toppings				
FOR DESSERT				
A selection of home bakery items available every day: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday				

MENU CYCLE WEEK 2



Monday	Tuesday	Wednesday	Thursday	Friday
PASTA BOLOGNAISE Minced beef cooked with onions, garlic, tomatoes, mushrooms, and herbs and served on a bed of pasta	CHICKEN TIKKA Chicken pieces cooked with onions, garlic, fresh ginger, cumin, garam masala and tomatoes, served on a bed of rice	TOMATO & BASIL PASTA BAKE Pasta spirals mixed with a tomato and basil sauce, topped with cheese, and baked in the oven until golden	BEEF LASAGNE Fresh minced beef cooked with onions, garlic, tomatoes, and herbs, then layered between sheets of lasagne and topped with a béchamel sauce, baked in the oven, and served with salad	CHIPPY DAY Choose from Battered Cod, Fishcake, Pizza Fingers, Pork Sausages Or Quorn Sausages All served with chips Gravy and curry sauce available
VEGETARIAN OPTION				
VEGGIE PASTA BOLOGNAISE Quorn mince cooked with onions, garlic, tomatoes, mushrooms, and herbs and served on a bed of pasta	QUORN TIKKA Quorn pieces cooked with onions, garlic, fresh ginger, cumin, garam masala and tomatoes, served on a bed of rice	MACARONI CHEESE Macaroni pasta, smothered in a cheese sauce, then topped with cheese and baked in the oven.	VEGGIE LASAGNE Quorn mince cooked with onions, garlic, tomatoes, and herbs, then layered between sheets of lasagne and topped with a béchamel sauce, baked in the oven, and served with salad	
Mixed Vegetables	Rice Green Beans Salad	Salad	Sweetcorn	Chips Mushy Peas and Baked Beans
OR				
HOT ALTERNATIVES Also, available daily, a selection of Pizza Slices, Filled Panini's Sandwiches, Jacket Potatoes with various fillings, Hot Chicken Wraps and Pasta with a selection of toppings				
FOR DESSERT				
A selection of home bakery items available every day: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday				

MENU CYCLE WEEK 3



Monday	Tuesday	Wednesday	Thursday	Friday
<p>BACON CHOP A fresh bacon chop, baked in the oven and served with potato wedges and beans</p>	<p>CREAMY CHICKEN KORMA Pieces of fresh chicken cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk and stock</p>	<p>COTTAGE PIE Fresh minced beef cooked with onions, carrots and beef stock and topped with creamy mashed potato and baked in the oven</p>	<p>PASTA BOLOGNAISE Minced beef cooked with onions, garlic, tomatoes, mushrooms, and herbs and served on a bed of pasta</p>	<p>SOUTHERN FRIED CHICKEN WRAPS Tortilla wraps filled with breaded chicken pieces and salad served with a variety of sauces</p>
VEGETARIAN OPTION				
<p>CHEESE OMELETTES Eggs seasoned and beaten with a little milk then pan fried and filled with cheese</p>	<p>CREAMY QUORN KORMA Quorn pieces cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk and stock</p>	<p>VEGETARIAN COTTAGE PIE Quorn mince cooked with onions, carrots and vegetable stock and topped with creamy mashed potato and baked in the oven</p>	<p>ARRABIATTA PASTA BAKE Cooked pasta mixed with a homemade arrabiatta sauce and topped with cheese then baked in the oven</p>	<p>SOUTHERN FRIED QUORN WRAPS Tortilla wraps filled with Quorn strips and salad, served with a variety of sauces</p>
<p>Potato Wedges Baked Beans</p>	<p>Rice Peas Salad</p>	<p>Mashed Potato Rice Mixed Vegetables, Salad</p>	<p>Salad</p>	<p>Chips Mushy Peas and Baked Beans</p>
OR				
HOT ALTERNATIVES				
Also, available daily, a selection of Pizza Slices, Filled Panini's Sandwiches, Jacket Potatoes with various fillings, Hot Chicken Wraps and Pasta with a selection of toppings				
FOR DESSERT				
A selection of home bakery items available every day: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday				