



# Menu Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Turkey escallops	Beef bolognaisse	Lemon ,thyme & Garlic chicken	chilli con carne	Oven baked fish
VEGETARIAN	Ratatouille	Putanesca Soya mince ragu style	Lentil & butternut squash curry (V)(VE)(GF)(DF)(EF)	Spicy mix beans (V)(VE)(GF)(DF)	Cannelloni Spinach & mushroom (G)(D)
SIDES	New potatoes with basil, cherry tomatoes & basil	Spaghetti (G) Seasonal vegetables	Roast vegetables Boiled new potatoes Seasonal vegetables	Rice Seasonal vegetables	Seasonal vegetables
SALAD BAR	2 x chef's special 1 x Mix leaves	2 x chef's special 1 x Mix leaves	2 x chef's special 1 x Mix leaves	2 x chef's special 1 x Mix leaves	2 x chef's special 1 x Mix leaves
JACKET POTATO	Baked beans Cheese Tuna	Baked beans Cheese	Baked beans Cheese	Baked beans Cheese	Baked beans Cheese Tuna
DESSERT	Fresh fruit Yogurt (D) Fresh fruit salad	Fresh fruit Yogurt(D) Chocolate cake(G) Chocolate sauce(D)	Fresh fruit Yogurt(D) Home made rice pudding (D)	Fresh fruit Yogurt(D) Selection of melons	Fresh fruit Yogurt(D) jelly

# Menu Week 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Beef & vegetables stir fry egg noodles (G)(E)	Chicken Wrap (G)	Beef Frikadelle	Chicken curry	Fish Fingers
VEGETARIAN	Linguine roast vegetables & Pesto (G)	Mix Beans & Spinach wrap (G)(V)	Vegetable couscous & Falafel	Chick pea, butternut squash curry (V)(VE)(GF)(DF)	Margherita pizza (G)(D)
SIDES	Stir fry vegetables  Seasonal vegetables	Seasonal vegetables	Caramelised onions Boiled new potatoes Seasonal vegetables	Rice Seasonal vegetables	Peas Carrots
SALAD BAR	2 x chef's special 1 x Mix leaves	2 x chef's special 1 x Mix leaves	2 x chef's special 1 x Mix leaves	2 x chef's special 1 x Mix leaves	2 x chef's special 1 x Mix leaves
JACKET POTATO	Baked beans Cheese Tuna	Baked beans Cheese	Baked beans Cheese	Baked beans Cheese	Baked beans Cheese Tuna
DESSERT	Fresh fruit Yogurt Watermelon	Fresh fruit Yogurt Pineapple & Melon	Fresh fruit Yogurt Jelly	Fresh fruit Yogurt Fresh fruit salad	Fresh fruit Yogurt Flapjack (GF)(DF)(EF)

# Menu Week 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Chicken casserole (GF)(DF)	Beef meat balls (GF)(DF)	Cajun chicken (S)(M)(G)	Rigatoni al ragu (G)	Battered fish (G)
VEGETARIAN	White bean & leek stew (GF)(DF)(V)(VE) Served with basil gremolata.	Soya balls (S) (GF) (VE) In tomato sauce	Glamorgan sausage(D) Mash potatoes Onion gravy	Vegetable pasta bake (G) (D)	Gnocchi in tomato sauce (G)
SIDES	Rice Seasonal vegetables	Penne (G) Seasonal vegetables	Oven baked potato wedges Seasonal vegetables	Seasonal vegetables	Chips Peas & Carrots
SALAD BAR	2 x chef's special 1 x Mix leaves	2 x chef's special 1 x Mix leaves	2 x chef's special 1 x Mix leaves	2 x chef's special 1 x Mix leaves	2 x chef's special 1 x Mix leaves Tartare sauce (E)
JACKET POTATO	Baked beans Cheese (D) Tuna (E)	Baked beans Cheese (D)	Baked beans Cheese (D)	Baked beans Cheese (D)	Baked beans Cheese (D) Tuna (E)
DESSERT	Fresh fruit Yogurt (D) Melon & Pineapple	Fresh fruit Yogurt(D) Fruit salad	Fresh fruit Yogurt Marble cake (G) (E) Custard (D)	Fresh fruit Yogurt(D) Peach & Yogurt(D)	Fresh fruit Yogurt(D) Chocolate cookies (G)(E)