

Week commencing:- 17 April 2023

Menu

Monday	Sliced Turkey, new potatoes, peas, sprouts and gravy ●	Fromage Frais ●
Tuesday	Chicken, Lentil & Vegetable Curry with Rice ●●	Sponge and custard ●●●●
Wednesday	100% Cod Fish Fingers, mashed potato and baked beans ●●●	Pineapple in natural juice
Thursday	Pork Meatballs in Tomato & Basil Sauce, green beans, carrots & Rice ●●	Bananas and custard ●
Friday	Hot Pot (beef mince, diced carrot & Sauté Potatoes) sweetcorn & peas ●●●	Peaches in natural juice

Vegetarian Menu

Monday	Quorn Fillet, new potatoes, peas, sprouts and gravy (lentils) ●●	Fromage Frais ●
Tuesday	Mixed Bean, Lentil & Vegetable Curry with Rice ●●	Sponge and custard ●●●●
Wednesday	Quorn Fillet, mashed potato and baked beans ●●●	Pineapple in natural juice
Thursday	Meat Free Meatballs in Tomato & Basil Sauce (lentils) with green beans, carrots & Rice ●●●	Bananas and custard ●
Friday	Vegetable Hot Pot (mixed beans, diced carrot, lentils Sauté Potatoes) sweetcorn and peas ●●●	Peaches in natural juice

Contains:- ● Dairy ● Wheat/Gluten ● Garlic ● Egg ● Tomato ● Soya

*Allergen Information is listed fully on Ingredients List **The running order of the menu may change without prior notice 1

Week commencing:- 24 April 2023

Menu

Monday	Salmon Fish Fingers, mashed potato and baked beans ●●●	Bananas and custard ●
Tuesday	Chicken, Tomato & Basil Wholewheat Pasta, peas and sweetcorn ●●	Fromage Frais ●
Wednesday	Pork Sausage with boiled potatoes, peas, green beans and gravy ●●	Pineapple in natural juice
Thursday	Chilli Con Carne (Beef mince, kidney beans & diced carrot) with Rice ●●	Carrot Cake and custard ●●●
Friday	Mediterranean Layered Lamb (Lamb mince, Sauté Potatoes, Béchamel Sauce & Cheese), sweetcorn and carrots ●●●●●	Fruit Cocktail in natural juice

Vegetarian Menu

Monday	Vegetable Fingers, mashed potato and baked beans ●●●	Bananas and custard ●
Tuesday	Vegetable, Tomato & Basil Wholewheat Pasta (lentils), peas & sweetcorn ●●	Fromage Frais ●
Wednesday	Quorn Fillet with boiled potatoes, peas, green beans and gravy (lentils) ●●	Pineapple in natural juice
Thursday	Mixed Bean Chilli Con Carne (mixed beans, chick peas & diced carrot) with Rice ●●	Carrot Cake and custard ●●●
Friday	Mediterranean Layered Mince (Soya mince, chick peas, Sauté Potatoes, Béchamel Sauce & Cheese), sweetcorn & carrots ●●●●●	Fruit Cocktail in natural juice

Contains:- ● Dairy ● Wheat/Gluten ● Garlic ● Egg ● Tomato ● Soya

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Week commencing:- 22 May 2023

Menu

Monday	Pork Sausage with mashed potato, and baked beans ●●●	Bananas and custard ●
Tuesday	Spaghetti Bolognese (beef mince & diced carrot) with cabbage & green beans ●●●	Peaches in natural juice
Wednesday	Chicken Breast with new potatoes, peas, sweetcorn and gravy ●	Flapjack and custard ●●
Thursday	Mexican Chicken Casserole (Kidney Beans, Mixed Peppers & Potato Wedges) with carrots ●●	Fromage Frais ●
Friday	Four Cheese Quiche with baked beans ●●●●	Pineapple in natural juice

Vegetarian Menu

Monday	Quorn Sausage with mashed potato and baked beans ●●●●	Bananas and custard ●
Tuesday	Vegetarian Spaghetti Bolognese (soya mince, diced carrot & green lentils) with cabbage & green beans ●●●●	Peaches in natural juice
Wednesday	Quorn Fillet with new potatoes, peas, sweetcorn and gravy (lentils) ●●	Flapjack and custard ●●
Thursday	Mexican Mixed Bean Casserole (Chick Peas, Mixed Beans, Peppers & Potato Wedges) with carrots ●●	Fromage Frais ●
Friday	Four Cheese Quiche with baked beans ●●●●	Pineapple in natural juice

Contains:- ● Dairy ● Wheat/Gluten ● Garlic ● Egg ● Tomato ● Soya

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