

Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
W/C 7/01 28/01 25/02 18/03	Grilled Butcher's Sausages Speciality Sausages Cheese & tomato quiche (v)	Cottage/Shepherd's Pie & gravy Pesto Pasta (v)	Mild Thai Chicken curry (Red) Thai Green Chicken Curry (Hotter) or Jacket potato bar Spaghetti Hoops	Traditional Beef Lasagne & Garlic bread Or Jacket potato bar or Smoked Mackerel	Battered Fish of the Day Chefs Fish special Lemon wedge & homemade Tartar sauce Chicken pesto panini
Vegetarian	Vegan Sausages	Halloumi & Roasted Vegetables	Butternut squash, sweet potato & pineapple coconut curry	Gnocchi	Butternut Squash Risotto Tomato & mozzarella Panini
On the side	Mashed Potatoes Carrots & creamed Leeks Gravy or Baked Beans	Diced swede Savoy Cabbage Garlic mushrooms	Rice Sugar snap peas Prawn crackers	Cherry Tomato & Rocket salad Broccoli Spears	Chipped potatoes Mushy Peas Roasted tomatoes
Soup	Cream of Mushroom	Leek & potato	Tomato & Basil	Sweet Potato	Broccoli/soup of the day
Dessert	Apple Oat crumble With custard	Sticky toffee pudding with cream	Cherry Cheesecake	Rice pudding with jam	Ginger cake with vanilla sauce
Daily	Every day there will be a selection of whole fresh fruit and cut fresh fruit pots, jelly pots, natural yoghurt and toppings. Cucumber, Tomato, Carrot, Mixed salad leaves, Sweetcorn, Grated Cheese, Coleslaw, Fresh breads, nut free pesto, dressings, pumpkin seeds and pine nuts				

Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
W/C 14/01 04/02 04/03 25/03 Main meal	Mexican Chicken Tortilla wrap Sour cream, Salsa, Guacamole	Roast of the Day with gravy Sweet chilli salmon/ Chef's fish	Beef, Mushroom & Ale puff pastry pie	<u>Chinese Menu</u> Chicken Sweet & Sour or Quiche Lorraine JP's & Baked beans	<u>"Burger Friday"</u> Turkey or Beef burger in a bun Or Toasted sandwiches/wraps /Panini's
Vegetarian	Vegan Bean & lentil chilli Marmite whirl	Quorn fillets in gravy	Wholemeal Pasta Tomato sauce Breadsticks Herbs, olives, cheese	Vegetable, ginger, spring onion in black bean	Tofu burger / Vegan BBQ 'pulled pork' Jackfruit bun
On the side	Rice Green beans Little gem & crunchy mixed leaves	Roast Potatoes Sliced carrots Broccoli Lemon herb Cous cous	New Potatoes Garden peas	Rice/noodles Mange tout Prawn Crackers	French fries Sweet corn Lettuce, tomato & red onion, cheese Gherkin slices
Soup	Carrot & coriander soup	Minestrone Soup	Cream of Vegetable soup	Cauliflower Soup	Soup of the day
Dessert	Chocolate Puddle pudding	Syrup sponge custard	Cheese & Biscuits	Bananas in Butterscotch sauce	Chocolate Profiteroles Selection of desserts
Daily	Every day there will be a selection of whole fresh fruit and cut fresh fruit pots, jelly pots, natural yoghurt and toppings. Cucumber, Tomato, Carrot, Mixed salad leaves, Sweetcorn, Grated Cheese, Coleslaw, Fresh breads, nut free pesto, dressings, pumpkin seeds and pine nuts				

Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
W/C 21/01 18/02 11/03 Main meal	Chicken Shawarma or Cheese omelette (v) Jacket potato Baked beans	Roast Gammon or Spaghetti hoops & protein salad bar	Beef/lamb stew and dumplings or BBQ Chicken wings	Spaghetti Bolognaise Garlic Bread/Breadsticks or Mackerel	Cod Fish fingers & chips or Chef's Fish/ Paella A selection of filled Panini's
Vegetarian	vegan vegetable & tofu skewers	Cheesy leek & soft boiled egg puff pastry parcel	Crispy crumb vegetable burgers	Quorn Bolognaise	Macaroni Cheese with spinach & cherry tomatoes
On the side	Lemon & oregano cous cous Broccoli Pita bread & hummus Greek salad	Marmite or plain Roasties Cauliflower cheese Roasted vegetables	Mashed potatoes French beans Baked beans	Garden Peas Roasted new potatoes Tomato, red onion & Basil salad	Chips Grilled tomato Mushy peas
Soup	lentil	Pea & Mint	Pepper & tomato	Curried Parsnip	French onion
Dessert	Heath Mount Mess (Meringue with red berries & cream)	Jam Sponge custard	Banoffee Pie	Cinnamon Churros & chilli chocolate drizzle	Treacle tart/fruit scones with jam and cream
Daily	Every day there will be a selection of whole fresh fruit and cut fresh fruit pots, jelly pots, natural yoghurt and toppings. Cucumber, Tomato, Carrot, Mixed salad leaves, Sweetcorn, Grated Cheese, Coleslaw, Fresh breads, nut free pesto, dressings, pumpkin seeds and pine nuts				