

SPRING MENU

w/c 5 th February	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Turkey Escalope with lemon	Boneless BBQ Chicken Thighs	Roast Gammon	Beef Chilli Con Carne with homemade nachos, salsa and sour cream	Cod Fish Fingers Grilled Fish of the Day
Vegetarian	Vegan Kebab with Tzatziki and tomato ketchup	Butternut Squash & Beetroot Curry with pilaf rice	Quorn or Vegan Sausages and Gravy	Vegetarian Shepherd's Pie with soya mince	Pitta Bread Pizza with sweet peppers and red onion
Alternative	Jacket Potato with cheese and baked beans	Pasta Bake with mixed vegetable and a rich tomato sauce	Jacket Potato with tuna and mayonnaise	Pasta Twists with Ratatouille	Jacket Potato or Sweet Potato with cheddar cheese or vegan bolognaise
Vegetables	Steamed Rice Green Beans Mixed Vegetables	Potato Wedges Sweetcorn & Peas	Roast Potato Mashed Potato Carrots Steamed Kale	Lemon Rice Sautéed Courgettes and Peppers	French Fries Baked Beans Garden Peas Sweetcorn
Daily Cold Dessert	Blueberry Cheesecake	Chocolate Sponge Cake	Peach Halves and Ice Cream	Cornflake Cakes	Pancake Day
Daily Desserts	Every day there will be a selection of whole fresh fruit, cut fresh fruit pots, jelly pots and natural yoghurt with a selection of toppings.				
Daily salad	Daily special salad items plus cucumber, tomato, carrot, mixed salad leaves, sweetcorn, grated cheese, coleslaw, mixed bean salad, dressings, pumpkin & sun flower seeds, homemade bread.				