

# SUMMER MENU

Week 5 03/06/2019	Monday	Tuesday	Wednesday Quail Tasting Day	Thursday	Friday
Main Meal	Minced Turkey Lasagne <i>served with garlic bread</i>	'Bangers n Mash' <i>served with onion gravy on the side</i>	Roast Chicken Thighs <i>served with gravy on the side</i>	Minced Beef Wellington	Breaded Fish Fingers or Steamed Pollack Fillets <i>with lemon mayonnaise</i>
Vegetarian	Vegan Soya Cottage Pie <i>served with gluten free gravy</i>	Quorn Sausages <i>served with onion gravy on the side</i>	Cheddar Cheese and Spinach Pasta Bake <i>served with rocket and parmesan salad</i>	Purple Broccoli & Cherry Tomato Quiche	Margherita Pizza
Alternative	Oven Baked Jacket Potato <i>served with cheddar cheese and baked beans</i>	Penne Pasta <i>served with a rich tomato and basil sauce</i>	Oven Baked Jacket Potato <i>served with tuna mayonnaise</i>	Pasta Twists <i>served with vegetarian chilli con carne</i>	Oven Baked Jacket Potato <i>with baked beans</i>
On the Side	Roasted Baby Carrots Green Beans	Mashed Potatoes Baked Beans Crushed Peas	Roasted Potatoes Steamed Courgettes Savoy Cabbage	Potato Gratin Mangetout Steamed Broccoli	French Fries Baked Beans Garden Peas
Cold Dessert	Banana and Carrot Cake	Pineapple and Melon Slices	Fruity Sponge Cake	Melon Wedges	Yoghurt Pots with Granola
Daily Desserts	Every day there will be a selection of: jelly, natural yoghurt with toppings, fresh whole & cut fruit pots				
Daily salad	Sliced cucumber, tomatoes, grated carrots, mixed salad leaves, sweetcorn, grated cheese, coleslaw, dressings, pumpkin, sunflower seeds & fresh bread made in our kitchen				