

SPRING MENU

06/01/2020	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 1	Staff Inset Day	Boneless BBQ chicken thighs served with homemade potato wedges	Roast gammon with Yorkshire puddings and stuffing	Beef chilli con carne with homemade nachos, salsa and sour cream	Breaded cod fish fingers or Grilled fish of the day
Main Meal 2		Butternut squash & beetroot curry with pila rice	Vegan sausages with mashed potato and gravy	Vegetarian shepherd's pie made with soya mince	Pitta bread pizza with sweet peppers and red onion
Alternative		Mixed vegetable pasta bake in a rich tomato sauce	Jacket potato with tuna and mayonnaise	Gnocchi with a rich tomato sauce	Jacket potato or sweet potato with cheddar cheese and baked beans
Vegetables		Sweetcorn and peas	Roast potatoes Carrots Steamed kale	Coconut rice Sauté courgette and peppers	French fries Baked beans Garden peas or sweetcorn
Daily Cold Dessert		Chocolate sponge cake	Watermelon wedges	Homemade lemon and ginger biscuits	Fruit and jelly bar
Daily Desserts	Every day there will be a selection of whole fresh fruit and cut fresh fruit pots, jelly pots, natural yoghurt and toppings				
Daily salad	Cucumber, Tomato, Carrot, Mixed salad leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade bread, mix bean salad, dressings, pumpkin and sun flower seeds				

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 1	Beef and vegetable goulash with bulgur rice	Lamb and mint sausages with mashed potatoes and gravy	Roast chicken thighs with roast potato, Yorkshire pudding and gravy	Pork stir-fry with egg fried rice	Chicken goujons or Grilled chicken breast
Main Meal 2	Baked vegetable & lentil moussaka	Vegetarian spaghetti bolognese with soya mince	Cous Cous stuffed mix peppers with rich a tomato sauce	Vegetarian chow mein with soya sauce	Vegetable parcels with puff pastry
Alternative	Jacket Potato with cheese and baked beans	Pasta with nut free green pesto	Jacket potato with vegan chilli con carne	Tomato and basil pasta bake	Red onion and cheese potato skins
Vegetables	Roasted mixed root vegetables baby new potatoes	Savoy cabbage Carrot wheels	Steamed kale Sauté courgette	Sweetcorn Green beans	Chips Peas Baked beans
Daily Cold Dessert	Pineapple slices	Marble cake	Strawberry trifle pots	Mixed fruit sponge cake	Fresh fruit and yoghurt bar
Everyday Desserts	Every day there will be a selection of whole fresh fruit and cut fresh fruit pots, jelly pots, natural yoghurt and toppings				
Daily salad	Cucumber, Tomato, Carrot, Mixed salad leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade bread, mix bean salad, dressings, pumpkin and sun flower seeds				

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 1	Pepperoni pizza or Roast pepper and red onion pizza	Beef burrito with lemon rice	Minced lamb shepherd's pie	Quorn, celeriac and dhal curry with coriander rice	Breaded cod fillets Or Grilled haddock
Main Meal 2	Beetroot fallafel with pea hummus	Chargrilled vegetables burger with homemade tomato sauce	Rice and spinach sauté with poached egg and grated feta cheese	Vegetable biryani with poppadum's and mango chutney, raita	French bread pizza (Meat and vegan options available)
Alternative	Jacket potato with tuna mayo and sweetcorn	Pasta Penne with arrabiata Sauce	Jacket potato bake with cheddar cheese	Pappardelle pasta with rich tomato sauce	Jacket potato with grated cheddar cheese
Vegetables	Mixed green vegetables Mixed green salad	Sweet corn Peas	Rosemary new potatoes Broccoli Carrots	Cauliflower Bombay potato with coriander rice	Chips Baked beans
Special Cold Dessert	Lemon drizzle cake	Chocolate and beetroot sponge	Dates flat jacks	Mixed fruit pots	Fruit jelly pots
Everyday Desserts	Every day there will be a selection of whole fresh fruit and cut fresh fruit pots, jelly pots, natural yoghurt and toppings				
Daily Salad	Cucumber, Tomato, Carrot, Mixed salad leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade bread, mix bean salad, dressings, pumpkin and sun flower seeds				

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Week 4	Monday Jamaican Day	Tuesday	Wednesday	Thursday	Friday
Main Meal 1	Jamaican jerk chicken with rice and peas	Beef meatballs with pasta penne	Turkey korma with jasmine rice and Bombay potato	Cumberland pork sausages with mashed potato and gravy	Cod fish fingers with lemon mayonnaise Or Grilled fish
Main Meal 2	Homemade sweet potato Jamaican patties	Cream cheese and potato bake	Soya mince burrito	Quorn or Vegan sausages with mash potato	Brie and sweet pepper quiche
Alternative	Jacket potato cheese and baked beans	Pasta penne with tomato and vegetable sauce	Jacket potato with tuna and mayonnaise	Fusilli with homemade pesto	Jacket potato with cheese and baked beans
Vegetables	Sweetcorn and roast peppers Glazed carrots Rice and peas	Broccoli Cauliflower	Roast potatoes Roast parsnip and Savoy cabbage	Green beans Mix vegetables	Minted peas Baked beans Chips
Daily Cold Desserts	Jam and coconut cake	Mixed melon slices	Chocolate and kale sponge cake	Rice pudding with jam topping	Jelly Fruit Pots Yoghurt Pots
Everyday Dessert	Every day there will be a selection of whole fresh fruit and cut fresh fruit pots, jelly pots, natural yoghurt and toppings				
Daily Salad	Cucumber, Tomato, Carrot, Mixed salad leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade bread, mix bean salad, dressings, pumpkin and sun flower seeds				