

# SPRING MENU

09/03/2020	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal 1</b>	Minced Beef and Tomato Pasta Bake  Served with garlic bread	Boneless BBQ Chicken Thighs served with homemade potato wedges	Roast Turkey  with all the trimmings	Beef Chilli Con Carne with homemade nachos, salsa and sour cream	Breaded Cod Fish Fingers or  Grilled Fish of the Day
<b>Main Meal 2</b>	Tortilla Española with roast peppers and red onion	Sweetcorn Fritters	Cherry Tomato and Red Onion Quiche	Vegetarian Shepherd's Pie with soya mince	Quorn Hot Dogs with red onion and mustard on the side
<b>Alternative</b>	Butternut Squash and Lentil Curry served with coconut rice	Pasta Penne with Rich Tomato Sauce	Jacket potato with Tuna Mayonnaise	Fusilli Pasta with basil and tomato sauce	Jacket potato or Sweet Potato with Cheddar Cheese and Baked Beans
<b>Vegetables</b>	Broccoli Cauliflower Florets	Sweetcorn and Peas	Roast Potato Carrots Steamed Kale	Steamed Rice Sauté courgette and peppers	French fries, Baked beans, Garden peas or Sweetcorn
<b>Daily Cold Dessert</b>	Pineapple Upside-down Cake	Chocolate Sponge Cake	Watermelon Wedges	Homemade Lemon and Ginger Biscuits	Fruit and Jelly Bar
<b>Daily Desserts</b>	<b>Every day there will be a selection of whole fresh fruit and cut fresh fruit pots, jelly pots, natural yoghurt and toppings</b>				
<b>Daily salad</b>	<b>Cucumber, Tomato, Carrot, Mixed salad leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade bread, mix bean salad, dressings, pumpkin and sunflower seeds</b>				

# SPRING MENU

16/03/2020	<b>Monday Sushi Demo Day</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main meal</b>	<b>Hungarian</b> Beef and Vegetable Goulash with Rice	<b>British</b> Cumberland Pork Sausages with mashed potatoes and gravy	<b>Spanish</b> Sea Food Paella	INTERNATIONAL DAY	<b>American</b> Southern Fried Chicken  Grilled Chicken Breast
<b>Vegetarian</b>	<b>Mediterranean</b> Baked Vegetable & Lentil Moussaka	Vegetarian Quorn Sausages	Vegetarian Burrito with roast vegetables, tomato sauce and bulgur rice	<b>ITALIAN TAKE AWAY PIZZA</b>	<b>Jamaican</b> Vegetable Parcels with puff pastry
<b>Alternative</b>	Jacket Potato with cheese and beans	<b>Italian</b> Pasta Penne with Nut Free Green Pesto	<b>Thai</b> Pad Thai		Red Onion and Cheese Potato Skins
<b>Vegetables</b>	Rainbow Vegetables Baby new potatoes	Mashed Potato Baked Beans Savoy cabbage	Sauté potatoes Sweetcorn Green beans		Chips Peas Baked beans
<b>Daily Cold Dessert</b>	Pineapple Slices	Marble Cake	Mixed Fruit Sponge Cake		Fresh fruit and Yoghurt Bar
<b>Everyday Desserts</b>	<b>Every day there will be a selection of whole fresh fruit and cut fresh fruit pots, jelly pots, natural yoghurt and toppings</b>				
<b>Daily salad</b>	<b>Cucumber, Tomato, Carrot, Mixed salad leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade bread, mix bean salad, dressings, pumpkin and sunflower seeds</b>				

# SPRING MENU

<b>23/03/2020</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday EGG HUNT</b>
<b>Main meal</b>	Moroccan Chicken Tagine with bulgur rice and peas	Turkey Burrito with Lemon Rice	Spaghetti with Beef Bolognese and garlic bread	Italian Ragu with Polenta	Breaded Cod Fish Fingers Or Grilled Haddock
<b>Vegetarian</b>	Vegetable Tempura with rice and peas	Chargrilled Vegetables Burger with Homemade Tomato Sauce	Vegetarian Lasagne	Mexican Quesadilla with roast peppers and grated cheese	French Bread Pizza (Vegan Option Available)
<b>Alternative</b>	Jacket potato with tuna mayo and sweetcorn	Pasta Penne with Arrabiata Sauce	Sweet or Jacket Potato Bake with Cheddar Cheese	Pappardelle Pasta with rich tomato sauce	Jacket potato with grated cheddar cheese
<b>Vegetables</b>	Saute Potatoes Mixed green vegetables	Home Made Potato Wedges Sweetcorn Peas	Broccoli Carrots		Chips Baked Beans
<b>Special Cold Dessert</b>	Water Melon Slices	Chocolate and Beetroot Sponge	Date Flap Jacks	Mixed Fruit Pots	Fruity Jelly Pots (Vegetarian )
<b>Everyday Desserts</b>	<b>Every day there will be a selection of whole fresh fruit and cut fresh fruit pots, jelly pots, natural yoghurt and toppings</b>				
<b>Daily Salad</b>	<b>Cucumber, Tomato, Carrot, Mixed salad leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade bread, mix bean salad, dressings, pumpkin and sunflower seeds</b>				

# SPRING MENU

02/03/2020	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal 1</b>	Peri Peri Chicken with Rice and Peas	Beef Meatballs with pasta penne	Turkey Korma with jasmine rice	Cumberland Pork Sausages with Mashed Potato and Gluten Free Gravy	Cod fish fingers with lemon mayonnaise or Grilled Fish
<b>Main Meal 2</b>	Cream Cheese and Potato Bake	Vegetarian Enchilada	Butter Nut Squash and Lentil Lasagne	Vegan Soya Sausages with mash potato	Brie and sweet pepper quiche
<b>Alternative</b>	Jacket potato with cheese and baked beans	Gnocchi with red pesto sauce	Jacket Potato with tuna mayonnaise	Fusilli with homemade pesto	Jacket potato with cheese and baked beans
<b>Vegetables</b>	Sweetcorn and Roast Peppers Glazed Carrots Rice and Peas	Broccoli Cauliflower	Turmeric New Potato Sweetcorn Courgette and Kale	Green Beans Mix Vegetables	Minted peas, Baked beans, Chips
<b>Daily Cold Desserts</b>	Mixed Melon Slices	Coconut and Jam Sponge Cake	Ginger, Lemon and Oat Biscuits	Vanilla and Beetroot Cake	Jelly, Fruit and Yoghurt Pots
<b>Everyday Dessert</b>	<b>Every day there will be a selection of whole fresh fruit and cut fresh fruit pots, jelly pots, natural yoghurt and toppings</b>				
<b>Daily Salad</b>	<b>Cucumber, Tomato, Carrot, Mixed salad leaves, Sweetcorn, Grated Cheese, Coleslaw, Homemade bread, mix bean salad, dressings, pumpkin and sunflower seeds</b>				