

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Week

M Bacon, leek & pasta bake

- Cauliflower cheese
- Garlic bread, veg of the
- D Jam sponge & custard

- M Home-made sausage rolls
- Vegetable nuggets
- Pasta, mashed potato, baked beans
- Chocolate chip sponge

M Roast chicken & stuffing

- Sweet potato & parsnip
- Roast or creamed pots, seasonal veg & gravy
- **D** Fruit jelly pot

- M Beef cobbler
- Vegetarian sausage
- Mashed potato, pasta, crusty bread
- Fruit crumble & custard

- M Fish fillet & tomato sauce
- Vegetarian wrap
- Chips, pasta, seasonal veg
- Home-made cookie/ biscuit & fruit juice

M Chicken Tikka Masala

- Vegetarian sausage
- Rice, pitta bread, peas
- **D** Luxury bread & butter

MEAT FREE DAY!

- M Cheese & tomato pizza
- Jacket potato with cheese
- Pasta, wedges, veg of the
- D Banana slice

- M Roast gammon & pineapple
- V Homity pie
- Roast or creamed pots, veg of the day, gravy
- American pancake & toffee

- M Chicken & ham pie
- Vegetable burger
- Pasta, new potatoes, veg of the day
- D Peach Melba

- Salmon nibbles & tomato M sauce
- Cheese & pineapple muffin
- Chips, pasta & seasonal
- Home-made cookie/ biscuit & fruit juice

S eek A

M Toad in the hole

- Spaghetti with roasted pepper & tomato sauce
- Wedges, pasta, veg of the day
- Peach cobbler & custard

- M Pork stroganoff
- Macaroni cheese
- Pasta, mashed potato, veg of the day
- Toffee crisp

- Roast beef & Yorkshire pudding
- Lentil loaf
- Roast or creamed potatoes, veg of the day, gravy
- Cheese & biscuits with apple slice

- M Home-made lasagne
- Vegetable spring roll
- Crusty bread, veg of the
- Chocolate shortbread

- Fish fingers & tomato
- Mexican bean burrito
- Chips, pasta, seasonal veg
- Home-made cookie/ biscuit & fruit juice

Key to menu items:

M: Main

V: Vegetarian

S: Sides

D: Dessert

Week 1

Week 2

Week 3

Holiday/inset

Jacket potato, yoghurt, fresh fruit salad, fresh salad and milk drink are available every day

September 2017							
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Cantamban 2017



November 2017										
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