

# Weekly menu

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Mexican Chili	Chicken Fajita with Sweet Chili	Roast Beef with Yorkshire Pudding	Piri Piri Chicken	Battered Fish Fillet
Penne Arrabiata	Mediterranean Baked Fish	Macaroni Cheese	Saute Sweet Potato with Mixed Beans	Vegetable Lasagne
Chickpea & Vegetable Tagine	Bean & Vegetable Pilaf	Lentil Cottage Pie	Jacket Potato with a Choice of Fillings	Cornish Vegetable Pastry
Steamed Basmati Rice	Parsley New Potatoes	Roast Potatoes	Steamed Basmati Rice	Chunky Chips
Fine Green Beans / Fresh Cauliflower	Sweetcorn / Citrus Carrots	Braised Cabbage with Courgettes	Steamed Broccoli / Roasted Parsnips	Baked Beans / Garden Peas
Wholemeal Fruit Crumble with Custard Sauce		Chocolate Sponge with Chocolate Sauce	Apple Flapjacks	Orange Jelly & Mandarins
Fruit Yoghurt	Fruit Smoothie	Fruit Yoghurt	Fruit Smoothie	Fruit Yoghurt

### Available daily

Freshly Baked Bread, Organic Milk, Salad Selection, Fresh Fruit Platter



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Beef Bolognese	Cajun Chicken	Balsamic Beef in Yorkshire Pudding	Beef Lasagne	Battered Fish Fillet
Seafood Paella	Linguine with Pesto & Parmesan	Pan Fried Tilapia	Oriental Stir Fry with Noodles	Cheese & Onion Pinwheel
Bean & Vegetable Bolognese	Black Eyed Bean & Vegetable Chili	Leek & Lentil Pie	Jacket Potato with a Choice of Fillings	Falafel Burger
Spaghetti	Steamed Basmati Rice	Parsley Potatoes	Parsley New Potatoes	Chunky Chips
Cauliflower with Mange Tout	Fresh Vegetable Medley	Fresh Broccoli / Butternut Squash	Fresh Carrots with Garden Peas	Baked Beans / Coleslaw
Apple Cake with Custard Sauce	Canadian Gingerbread with Vanilla Sauce	Carrot Cake	Vanilla Ice Cream with Fruit	
Fruit Yoghurt	Fruit Smoothie	Fruit Yoghurt	Fruit Smoothie	Fruit Yoghurt

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Baked Cumberland Sausage	Teriyaki Chicken	Roast Turkey with Gravy	Steak Pie with Gravy	Pizza Margherita
Cheddar & Spring Onion Quiche	Mixed Bean Ratatouille	Pasta Neapolitan	Tuna & Sweetcorn Wrap	Seasoned Baked Salmon
Chickpea with Spinach & Butternut Squash	Jacket Potato with a Choice of Fillings	Fresh Vegetable Loaf	Vegetarian Stir Fry	Spanish Omelette
Creamed Potatoes	Steamed Basmati Rice	Roast Potatoes	Garlic & Herb New Potatoes	Oven Baked Chips
Baked Beans / Sweetcorn	Fine Green Beans / Citrus Carrots	Fresh Broccoli & Cauliflower Mix	Fresh Carrots / Braised Cabbage	Sweetcorn with Garden Peas
	Malva Pudding with Vanilla Sauce	Chocolate & Peach Sponge with Chocolate Sauce	American Cookie	Frozen Yoghurt with Fruit
Fruit Yoghurt	Fruit Smoothie	Fruit Yoghurt	Fruit Smoothie	Fruit Yoghurt

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