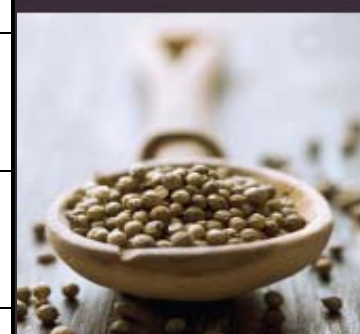




Winter Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEALS MEAT	Pot Roast Chicken served with Crushed Potatoes	Home-made Beef Burger served in a Toasted Bun with Potato Wedges	Moroccan Lamb and Rice	Beef Teriyaki served with Egg Noodles	Classic Fish Fingers and Chips
MAIN MEALS VEGETARIAN	Cheese and Potato Pie	Potato Skins Twice Loaded	Stuffed Cabbage Leaves with Mashed Potato	Mediterranean Mushrooms served with Spicy Cous Cous	Home Made Bean Burger served in a Toasted Bun with Tomato Relish and Chips
VEGETABLES	Green Salad and Mixed Vegetables	Coleslaw and Baked Beans	Buttered Carrots and Broccoli	Sweetcorn and Cauliflower	Baked Beans and Peas
HOT DELI	Ham and Cheese Panini and Cajun Chicken Wrap	Bacon and Tomato Panini and Fish Burger	Pepperoni and Cheese Panini and Chicken Burger	Beef Enchilada and Meat Feast Pizza	Cheese Panini and Chicken and Pepper Pizza
COLD DELI	A selection of sandwiches, baguettes, wraps and salads daily				
SPUDS	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots
HOT POTS	Macaroni Cheese	Chicken and Broccoli Cheesy Pasta	Tuna Pasta with Salsa Verdi	Spaghetti Carbonara	Vegetable Curry and Rice
DESSERT OF THE DAY	Lemon Sponge and Custard	Chocolate Bread and Butter Pudding and Chocolate Custard	Jam and Coconut Sponge	Parsnip Marmalade Cake	Fresh Fruit Salad





Winter Menu







Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	
MAIN MEALS MEAT	Sweet and Sour Chicken served with Sticky Rice	Salmon and Hoi Sin Corn Tortillas	Roast Turkey served with Roast Potatoes or New Potatoes and Gravy	Beef and Red Bean Chilli served with Tortilla Chips, sour Cream and Guacamole	Classic Battered Fish and Chips	
MAIN MEALS VEGETARIAN	Vegetable Fried Rice	Bean Croquettes with Tangy Chutney and Crispy Salad Leaves	Falafel Pitta served with Houmous and Salad	Warm Sweet Potato and Red Pepper Salad	Sweetcorn Fritter with a Banana salsa and Chips	
VEGETABLES	Green Beans and Sweetcorn	Peas and Carrots	Broccoli and Honey Roast Parsnips	Coleslaw and Green Salad	Baked Beans and Peas	
HOT DELI	Roast Pepper and Mozzarella Panini and Selection of Pizza	Cajun Chicken Panini and Margarita Pizza	Cheese, Tomato and Basil Panini and Corn on the Cob	Ham and Cheese Panini and Soup of the Day	Tuna Melt Panini and Chicken Burrito	
COLD DELI	A selection of sandwiches, baguettes, wraps and salads daily					
SPUDS	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	
HOT POTS	Beef Stir Fry	Minestrone Pasta Pots	Winter Vegetable Stir Fry with Noodles	Sweet Chilli Chicken Noodle Pot	Bacon and Mushroom Cheesy pasta	
DESSERT OF THE DAY	Pineapple Upside Down Cake	Carrot Cake with Frosting	Chocolate Fudge Cake and Custard	Apple Crumble and Custard	Chocolate Muffin Cake with Custard	







Winter Menu



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	
MAIN MEALS MEAT	Shepherds Pie	Turkey and Lemon Meatballs served with Tomato Pasta	Roast Beef served with Roast Potato or New Potatoes and Gravy	Paprika Chicken with Lemon Pasta	Classic Battered Fish and Chips	
MAIN MEALS VEGETARIAN	Macaroni Cheese	Roasted Corn with Basil and Red Onion served with Garlic Bread	Roasted Tomato and Basil Crostini with a Tomato Salad	Vegetable Crêpes served with a Spicy Salsa	Cheese and Onion Quiche served with Chips	
VEGETABLES	Broccoli and Roasted Vegetables	Cauliflower and Savoy Cabbage	Green Beans and Buttered Carrots	Sweetcorn and Green Salad	Baked Beans and Peas	
HOT DELI	Cheese and Red Onion Panini and Margarita Pizza	BBQ Chicken Panini and Roasted Vegetable Wrap	Roasted Pepper and Cheese Panini and Chicken Burrito	Tuna and Sweetcorn Panini and Soup of the Day	Cheese Panini and Vegetable Pizza	
COLD DELI	A selection of sandwiches, baguettes, wraps and salads daily					
SPUDS	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	
HOT POTS	Spicy Chicken with Noodles	Pasta Arrabiata	Green Thai Style Noodles	Hoi Sin Vegetable Noodle Pot	Chilli Vegetables served with Rice	
DESSERT OF THE DAY	Chocolate Orange Cake and Custard	Peach and Pineapple Crumble and Custard	Chocolate Crunch	Lemon Drizzle Cake and Custard	Chocolate Banana and Raisin Loaf with Custard	

Winter Menu

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	
MAIN MEALS MEAT	Beef Chilli and Rice	Tandoori Chicken with Tomato and Cucumber Riata with Bombay Potato	Roast Chicken served with Roast Potatoes or New Potatoes and Gravy	Grilled Salmon with Cous Cous	Fish Fingers and Chips	
MAIN MEALS VEGETARIAN	Curried Vegetable Quorn	Spinach Tomato and Feta Tart	Garlic and Rosemary Mushrooms served with Warm Flat Bread	Cauliflower Cheese Gratin	Sweet Potato Fritter served with Caramelised Onions	
VEGETABLES	Green Beans and Sweetcorn	Buttered Savoy Cabbage and Cauliflower	Carrots and Honey Roast Parsnips	Broccoli and Mixed Salad	Baked Beans and Peas	
HOT DELI	Spicy Chicken Panini and Corn on the Cob	Chicken Enchilada and Cheese Panini	Spicy Quorn Panini and Beef Enchilada	Ham & Tomato Panini and Soup of the Day	Cheese and Tomato Panini and Vegetable Pizza	
COLD DELI	A selection of sandwiches, baguettes, wraps and salads daily					
SPUDS	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	Baked Potatoes Potato Pots	
HOT POTS	Creamy Bacon Pasta with Mushroom and Parmesan Cheese	Chicken Egg Fried Rice	Neapolitan Pasta	Thai Green Noodles	Chicken and Coconut Yellow Rice	
DESSERT OF THE DAY	Eves Pudding and Custard	Rhubarb Crumble	Chocolate Marble Cake and Custard	Classic Apple Pie and Custard	Chocolate Beetroot Brownie	