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Monday

Week 1

 

**Friday**

**Thursday**

**Tuesday**

**Wednesday**

**Monday**

**Breaded Salmon or cod & Sweet Chilli Sauce**

**BBQ**

**Chicken Glaze**

**Gammon & Pineapple**

**Meatballs in tomato Sce sauce**

**Cottage Pie**

Main

**Quorn BBQ Fillet**

**Quorn Cottage Pie**

**Quorn Fillet Loaf in Gravy**

**Quorn**

**Meatballs in Tomato Sauce**

**Veg Breaded Grill**

Vegetarian

Jugs of Water, Yoghurts Daily

 **Potato**

**Wedges**

**Rice (Savoury)**

**Yorkshire Pudding and**

**Mash or Bread**

**Pasta**

**Roast Potatoes**

Carbs

**Carrots**

**Sweetcorn**

**Green Beans**

**Garden Peas**

**Large Mixed Salad**

Vegetables



**Beetroot & Chocolate Muffin**

**Lemon Shortbread**

**Bakewell Tart**

**Mango & Orange Smoothie**

**Fruity Flapjack**

Pudding

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Freshly baked potatoes served with a choice of filling plus salad or hot vegetable accompaniment. The following fillings are served as a daily special:

 ●Homemade Coleslaw ● Baked Beans ● Cheddar Cheese ● Tuna Mayonnaise ● BBQ Beans

 Wraps with salad accompaniment. Serve the following fillings every day, plus the

 ● Egg Mayonnaise ● Tuna Mayonnaise ● Cheddar Cheese

 Freshly prepared salad served each day with, tomato, cucumber, lettuce, peppers. Plus daily special:

 ● Couscous ● Potato salad ● coleslaw rice salad ● pasta salad