

# What's on the menu?

WEEK ONE	WEEK TWO	WEEK THREE
<p>w/c 1<sup>st</sup> Sept, 20<sup>th</sup> Sept, 11<sup>th</sup> Oct, 8<sup>th</sup> Nov, 29<sup>th</sup> Nov, 3<sup>rd</sup> Jan &amp; 24<sup>th</sup> Jan</p> <p>Beef Bolognaise Spaghetti in a Herb &amp; Tomato Sauce with Parmesan Spaghetti Fresh Cauliflower with Fine Green Beans Apple Sponge with Custard Sauce</p>	<p>w/c 6<sup>th</sup> Sept, 27<sup>th</sup> Sept, 25<sup>th</sup> Oct, 15<sup>th</sup> Nov, 6<sup>th</sup> Dec, 10<sup>th</sup> Jan &amp; 31<sup>st</sup> Jan</p> <p>Slow Cooked Balsamic Beef Leek &amp; Lentil Pie Parsley Potatoes Fresh Cauliflower with Garden Peas Peach Crumble with Custard Sauce</p>	<p>w/c 13<sup>th</sup> Sept, 4<sup>th</sup> Oct, 1<sup>st</sup> Nov, 22<sup>nd</sup> Nov, 13<sup>th</sup> Dec, 17<sup>th</sup> Jan &amp; 7<sup>th</sup> Feb</p> <p>Baked Chicken Sausages with Braised Onions &amp; Gravy Feta &amp; Vegetable Parcel Creamed Potatoes Braised Cabbage / Roasted Parsnips Wholemeal Lemon Sponge with Custard Sauce</p>
<p>BBQ Chicken Aubergine, Chick Pea &amp; Potato Baiti Steamed Basmati Rice Fresh Citrus Carrots with Sweetcorn American Style Cookie Orange &amp; Apple Wedges</p>	<p>Blackened Cajun Chicken Sauté Sweet Potato with Mixed Beans Steamed Basmati Rice Fresh Broccoli / Citrus Carrots Carrot Cake Melon &amp; Orange Wedges</p>	<p>Moroccan Style Kofte Vegetable Lasagne Steamed Basmati Rice Braised Carrots with Sweetcorn Chocolate Brownie Orange &amp; Apple Wedges</p>
<p>Steak Pie with Gravy Penne Arrabiata Parsley New Potatoes Braised Cabbage with Courgettes Chocolate &amp; Peach Sponge with Chocolate Sauce</p>	<p>Shepherd's Pie with Gravy Pasta Neapolitan Braised Carrots with Savoy Cabbage Canadian Style Gingerbread with Vanilla Sauce</p>	<p>Roast Beef with Yorkshire Pudding Macaroni Cheese Roast Potatoes Fresh Vegetable Medley Wholemeal Banana Sponge with Custard Sauce</p>
<p>Seasoned Roast Chicken Cheddar &amp; Red Onion Quiche Roast Potatoes Fresh Broccoli &amp; Cauliflower Mix Flapjack</p>	<p>Chicken Fajita Linguine with Herby Tomato &amp; Fresh Salmon New Potatoes in Garlic &amp; Herbs Roasted Butternut Squash / Fine Green Beans Citrus Shortbread</p>	<p>Teriyaki Chicken Vegetarian Shepherd's Pie with Sweet Potato Mash Steamed Basmati Rice Fresh Broccoli / Citrus Carrots Malva Pudding with Vanilla Sauce</p>
<p>Breaded Fish Fillet Vegetable Roll Chunky Chips Baked Beans or Garden Peas Strawberry Jelly &amp; Mandarins</p>	<p>Pizza Margherita Pan Fried Fish Chunky Chips Baked Beans / Sweetcorn with Garden Peas Vanilla Ice Cream with Fruit</p>	<p>Panini Choice Spanish Omelette Chunky Chips Garden Peas / Baked Beans Frozen Yoghurt with Fruit</p>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Available daily: Jacket Potato with a Choice of Fillings. Salad Selection. Organic Milk. Freshly Baked Wholemeal Bread. Fresh Fruit Platter. Fruit Yoghurt or Smoothie

Look out for monthly featured ingredients

