MONDA SOUP Homemade Selection Bread CHOICE 1 Chicken C with Rid CHOICE 1 Chicken C with Rid CHOICE 2 Hot Dog Sa & Onior Herb or P Potato Wei CHOICE 3 Sandwich Baked Po with Filli of the Di VEGETARIAN OPTION Vegetab Lasagn Garlic & H Bread VEGETABLES Spiced Or Salad Lettuce, To Cucumb Spring Or Mixed Pep	e Soup Homemad on of Selection d Brea Curry Meatba ice Grav with Pot	de Soup Homemac ion of Selecti ad Brea alls in Beef 0 vy with F tatoes Cheese &	de Soup Homemade S ion of Selection ad Bread Chilli Breaded Fi Rice with Potato	Soup Homemade Sou of Selection of Bread
SOUP Selection Bread CHOICE 1 Chicken C with Rid CHOICE 1 Hot Dog Sal & Onior Herb or P Potato We CHOICE 2 Hot Dog Sal & Onior Herb or P Potato We CHOICE 3 Sandwich Baked Po with Fillin of the D VEGETARIAN OPTION Spiced Or Salad Lettuce, To Cucumb Spring Or	n of Selection d Brea Curry Meatba ice Grav with Pot	ion of Selection ad Breat alls in Beef (vy with F tatoes Cheese &	ion of Selection ad Bread Chilli Breaded Fi Rice with Potato	of Selection of Bread
CHOICE 1 with Ric Hot Dog Sal & Onior Herb or P Potato Wer CHOICE 3 DELI VEGETARIAN OPTION VEGETABLES VEGETABLES VEGETABLES	curry Grav ice with Pot	vy Beef (tatoes with F Cheese &	Rice with Potato	
CHOICE 2 & Onior Herb or P Potato Wer CHOICE 3 DELI VEGETARIAN OPTION Spiced Or Salad Lettuce, To Cucumb Spring Or		Cheese & Beans Pizz	Tomato	
CHOICE 3 DELI DELI VEGETARIAN OPTION Spiced Or Salad VEGETABLES VEGETABLES		bast Spiced o Diced Pc	or Plain Garlic & He	neese Tandoori or Plai Chicken Chunk Herb or Plain Potato Wedges
VEGETARIAN Lasagn OPTION Garlic & H Bread Spiced Or Salad VEGETABLES Lettuce, To Cucumb Spring Or	otato Baked F ling with Fi	Potato Baked F illing with Fi	Potato Baked Pota	ato Baked Potato ng with Filling
Salad VEGETABLES Cucumb Spring Or	ne Guorn Me In Gra Herb with Pot	avy Quorn	()uiche	Crunch
	d Lettu omato Toma ber Cucum onion Spring (ice Lettu ato Toma nber Cucun	uce Lettuce ato Tomato mber Cucumbe Onion Spring Oni	Lettuce Tomato er Cucumber ion Spring Onion
DESSERT Yoghur Selection of			nurt Yoghurt of Fruit Selection of	
Plain Ser DRINKS Skimmed Bottled W	urt Yogh			



SECONDARY MENU Weekly Cycle 2017

week 1	23/10	13/11	4/12	1/1	22/1	12/2	5 /3	26/3
WEEK 2	30/10	20/11	11/12	8/1	29/1	19/2	12/3	
WEEK 3	6/11	27/11	18/12	15/1	5/2	26/2	19/3	

Select a main meal, drink and dessert. Choose as much fruit & vegetables, and soup & bread as you like.



THE NEW AUTUMN/WINTER MENU STARTS 23 OCTOBER 2017

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	FK 1	K CHO	CES MI	ENU WI1		WE	EK 2	СНО	ICES M	ENU WI	
VEGETARIAN OPTION					VEGETARIAN OPTION						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
soup	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	soup	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread	Homemade Soup Selection of Bread
CHOICE 1	Chicken Tikka with Rice	Spaghetti Bolognaise Garlic & Herb Bread	Chicken Pie with Potatoes	Sausages in Gravy with Potatoes	Roast Chicken Yorkshire Pudding with Potatoes	CHOICE 1	Macaroni Cheese Garlic & Herb Bread	Pork Fillet with Potatoes	Chicken Curry with Rice	Roast Beef & Yorkshire Pudding Roast Potatoes	Breaded Fish with Potatoes
CHOICE 2	Cheese & Tomato Pizza with Pasta	Chicken Burger in a Bun Spiced or Plain Diced Potatoes	Fish Fingers Oven Chips or Potatoes	Spicy Chicken with Noodles	Baked Beans on Toast	CHOICE 2	Beef Burger in Gravy with Potatoes	Cheese & Tomato Pizinni Herb or Plain Potato Wedges	Salmon Nibbles Oven Chips or Potatoes	Baked Beans on Toast	Chilli Chicken Wrap Spiced or Plain Diced Potatoes
CHOICE 3 DELI	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	choice 3 Deli	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day
VEGETARIAN OPTION	Quorn Moussaka	Quorn Spaghetti Bolognaise Garlic & Herb Bread	Broccoli Quiche with Potatoes	Quorn Sausage in Gravy with Potatoes	Broccoli Cauliflower Pasta	VEGETARIAN OPTION	Quorn Italian Mince Garlic & Herb Bread	Cheesy Potato Bake	Vegetable Curry with Rice	Cheese & Tomato Quiche with Potatoes	Spicy Quorn Wrap Spiced or Plain Diced Potatoes
VEGETABLES	Spiced Onion Salad Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Sweetcorn & Peas Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Green Beans Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Baked Beans Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Turnip Lettuce Tomato Cucumber Spring Onion Mixed Peppers	VEGETABLES	Carrots Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Vegetable Medley Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Tomato & Onion Salad Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Broccoli Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Garden Peas Lettuce Tomato Cucumber Spring Onion Mixed Peppers
DESSERT	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	DESSERT	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit	Yoghurt Selection of Fruit
DRINKS	Plain Semi- Skimmed Milk Bottled Water	Plain Semi- Skimmed Milk Bottled Water	Plain Semi- Skimmed Milk Bottled Water	Plain Semi- Skimmed Milk Bottled Water	Plain Semi- Skimmed Milk Bottled Water	DRINKS	Plain Semi- Skimmed Milk Bottled Water	Plain Semi- Skimmed Milk Bottled Water	Plain Semi- Skimmed Milk Bottled Water	Plain Semi- Skimmed Milk Bottled Water	Plain Semi- Skimmed Milk Bottled Water