

WEEK 3 CHOICES MENU WITH VEGETARIAN OPTION

	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
CHOICE 1	Chicken Curry with Rice	Meatballs in Gravy with Potatoes	Beef Chilli with Rice	Breaded Fish with Potatoes	Steak Pie with Potatoes
CHOICE 2	Hot Dog Sausage & Onions Herb or Plain Potato Wedges	Baked Beans on Toast	Cheese & Tomato Pizza Spiced or Plain Diced Potatoes	Macaroni Cheese Garlic & Herb Bread	Tandoori or Plain Chicken Chunks Herb or Plain Potato Wedges
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	Vegetable Lasagne Garlic & Herb Bread	Quorn Meatballs in Gravy with Potatoes	Quorn Chilli with Rice	Mediterranean Quiche with Potatoes	Cauliflower Crunch with Potatoes
VEGETABLES	Spiced Onion Salad Lettuce, Tomato Cucumber Spring Onion Mixed Peppers	Mixed Vegetables Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Sweetcorn Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Beetroot Lettuce Tomato Cucumber Spring Onion Mixed Peppers	Cabbage 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
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

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123 with Vegetarian option

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

WEEK 1

CHOICES MENU WITH VEGETARIAN OPTION

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
CHOICE 1	Chicken Tikka with Rice	Spaghetti Bolognese Garlic & Herb Bread	Chicken Pie with Potatoes	Sausages in Gravy with Potatoes	Roast Chicken Yorkshire Pudding 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 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 Bolognese Garlic & Herb Bread	Broccoli Quiche with Potatoes	Quorn Sausage in Gravy with Potatoes	Broccoli Cauliflower Pasta
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
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

WEEK 2

CHOICES MENU WITH VEGETARIAN OPTION

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
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	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
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	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
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