







Winter 2011 Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Beef Lasagne With Garlic Slice	Sausages & Mash With Onion Gravy	Roast Lemon & Garlic Chicken With Roast Potatoes	 Burger in a Bun with tomato sauce and Jacket Wedges	 Battered Fish Fillet With Chipped Potatoes, Tartar & Tomato Sauce
Vegetarian Option	Vegetable Lasagne With Garlic Slice	 Quorn Sausages & Mash With Onion Gravy	Spinach, Feta Cheese & Onion Slice With Roast Potatoes	Spicy Bean Burger in a Bun with Jacket Wedges	Macaroni Cheese With a half Jacket Potato
Vegetables	Peas Carrots	Shredded Cabbage Sweet corn	Mediterranean Medley	Baked Beans Green Beans	Grilled Tomatoes & Garden Peas
Daily selection of salads to include - lettuce, tomato, cucumber, beetroot, sweetcorn, coleslaw and grated carrot					
Freshly Cooked each day –Jacket Potatoes with Grated Cheddar, Tuna Mayonnaise or Baked Beans					
Dessert	Fruit Smoothie Desert Yoghurts Fresh Fruit Salad	Fruit Pie with Custard Yoghurts Fresh Fruit Platter	Rice Pudding with Sultanas Yoghurts Fresh Fruit Salad	Apple & Honey Crunch Crumble Custard Yoghurts Fresh Fruit Platter	Fruit Jelly and Ice Cream Yoghurts Fresh Fruit Salad
Custard Served as an Accompaniment to All Hot Desserts					

Marine Stewardship Council 

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Local 

Oily Fish 
(V) Vegetarian











Winter 2011 Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	 Cottage Pie Served with Herby Diced Potato	Chicken Fajitas With Baked Jacket Wedges	Roast Gammon with Pineapple, Roast Potatoes & Gravy 	Macaroni Carbonara with garlic slice	 Salmon Fish Fingers With Chipped Potatoes, Tartar & Tomato Sauce 
Vegetarian Option	Veggie Mince Cottage Pie Served with Herby Diced Potato	Quorn Fajitas With Jacket Wedges	Cheese & Pepper Whirl With Roast Potatoes 	Sweet Potato & Lentil Curry With Rice 	Tomato, Chive, & Cheddar Flan with Chipped Potatoes
Vegetables	Sweet Corn Spinach	Stir fry Vegetables	Cabbage Swede	Green Beans Carrots	Baked Beans Garden Peas
Daily selection of salads to include - lettuce, tomato, cucumber, beetroot, sweetcorn, coleslaw and grated carrot					
Freshly Cooked each day –Jacket Potatoes with Grated Cheddar, Tuna Mayonnaise or Baked Beans					
Dessert	Aztec Chocolate & Orange Sponge With Chocolate Sauce Yoghurts Fresh Fruit Salad	Cheese and Biscuits Yoghurts Fresh Fruit Platter	Apple Crumble with custard Yoghurts Fresh Fruit Salad	Pineapple Upside Down Pudding With Custard Yoghurts Fresh Fruit Platter	Shortbread With Winter Berry Compote Yoghurts Fresh Fruit Platter
Custard Served as an Accompaniment to All Hot Desserts					

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Winter 2011 Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Battered Jumbo Fish Finger With Jacket Wedges & Tomato Sauce 	Savoury Mince Pie With Creamed Potatoes 	Roast Beef Yorkshire Pudding, Herby Roast Potatoes & Gravy	Sweet Chilli Shredded Pork Stir Fry With Egg Noodles 	Ham and Pineapple Pizza With Chipped Potatoes
Vegetarian Option	Red Onion & Cheese Tart With Jacket Wedges	Chilli Bean Casserole With Cous Cous	 Aloo Goby With Chick Peas With Herby Roast Potatoes	Sweet Chilli Quorn Stir Fry With Egg Noodles	Cheese & Tomato Pizza With Chipped Potatoes
Vegetables	Coleslaw Sweet Corn	Garden Peas Carrots	 Green Beans Mashed Seasonal Vegetables	 Broccoli Sweet Corn	Garden Peas Baked Beans
Daily selection of salads to include - lettuce, tomato, cucumber, beetroot, sweetcorn, coleslaw and grated carrot					
Freshly Cooked each day –Jacket Potatoes with Grated Cheddar, Tuna Mayonnaise or Baked Beans					
Dessert	Eves Pudding with Custard Yoghurts Fresh Fruit Salad	Fruit Jelly & Ice Cream Yoghurts Fresh Fruit Platter	Cherry & Pear Pie With Custard Yoghurts Fresh Fruit Salad	Apricot Flapjack With Yoghurt Yoghurts Fresh Fruit Platter	Iced Sponge with Custard Yoghurts Fresh Fruit Salad
Custard Served as an Accompaniment to All Hot Desserts					

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