

## Middle 3 week menu cycle

Your menus will start on the following dates

|        |        |        |        |        |
|--------|--------|--------|--------|--------|
| Week 1 | 25-Apr | 16-May | 13-Jun | 04-Jul |
| Week 2 | 02-May | 23-May | 20-Jun | 11-Jul |
| Week 3 | 09-May | 06-Jun | 27-Jun | 18-Jul |



|   |  |  |  |  |  |  |
|---|--|--|--|--|--|--|
| <p><b>Main Courses</b></p> <p><b>Vegetables</b></p> <p><b>Salad Bar</b></p> <p><b>Snack of the day</b></p> <p><b>Desserts</b></p> | <p>Pasta Bolognese<br/>-o0o-<br/>Chunky Vegetable<br/>Chilli served with Cous<br/>Cous (V)</p>                           | <p>Pizza Style fish<br/>portion served with<br/>Savoury Vegetable<br/>Rice<br/>-o0o-<br/>Vegetarian<br/>Sausages served<br/>with Mashed Potato<br/>(V)</p> | <p>Roast Chicken<br/>Drumsticks served<br/>with Sage &amp; Onion<br/>Stuffing and Roast<br/>Potatoes<br/>-o0o-<br/>Roasted Vegetable<br/>and Tomato Pasta<br/>Bake (V)</p> | <p>Beef Lasagne served<br/>with Garlic Bread<br/>-o0o-<br/>Savoury Mixed<br/>Vegetable and<br/>Quorn Mince served<br/>with Yorkshire Pudding<br/>(V)</p> | <p>Fishwich in a Bun,<br/>with Tartar sauce<br/>served with Chips<br/>-o0o-<br/>Cheese, Tomato<br/>and Red Onion Slice<br/>served with Chips<br/>(V)</p> |  |
|   | <p>Sweet corn<br/>Green Beans</p>  | <p>Carrots<br/>Broccoli</p>  | <p>Cabbage<br/>Cauliflower</p>   | <p>Roast Vegetables<br/>Diced Swede</p>  | <p>Garden Peas<br/>Baked Beans</p>   |  |
|   | <p>Daily selection of salads to include - lettuce, tomato, cucumber, beetroot, sweetcorn, coleslaw and grated carrot</p> |  |  |  |  |  |
|   | <p>Bacon &amp; Cheese<br/>Turnover</p>   | <p>Tuna &amp; Cheese Panini</p>  | <p>Tomato and Herb<br/>Soup</p>  | <p>Bacon, Tomato &amp;<br/>Cheese Baguette</p>   | <p>Hot spicy chicken<br/>wraps</p>   |  |
|   | <p>Pear and Berry<br/>Crumble with custard<br/>sauce<br/>Yoghurt<br/>Fruit Platter</p>                                   | <p>Chocolate Sponge<br/>with Chocolate<br/>Sauce<br/>Yoghurt<br/>Fruit Salad</p>   | <p>Apricot Flapjack<br/>with custard sauce<br/>Yoghurt<br/>Fruit Platter</p>   | <p>Oat Cookies &amp; Milk<br/>Yoghurt<br/>Fruit Salad</p>  | <p>Fruit Smoothie<br/>Dessert<br/>Yoghurt<br/>Fruit Platter</p>  |  |

Marine Stewardship Council






Web Site. [www.msc.org](http://www.msc.org) Chain of Custody Registration Code MML-C 1000




Local

Oily Fish   
(V) Vegetarian









| Week 2                  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|-------------------------|---|--|--|--|--|
| <b>Main Courses</b>     | <br>Turkey Stir fry served with noodles<br>-o0o-<br>Macaroni Tomato & Cheese served with Garlic Slice (V)          | Sausages and Mash Potatoes with Vegetarian Gravy<br>-o0o-<br>Lentil & Vegetable Korma served with fluffy rice<br> (V) | Roast Pork loin served with Homemade Apple Sauce and Roast Potatoes<br>-o0o-<br><br>Cauliflower and Broccoli Pasta Bake served with the vegetables of the day (V) | Chilli con Carne served with ½ Jackets<br>-o0o-<br>Vegetable Fajita Bake served with Cous Cous (V) | <br>Fish Fingers served with Chips and Tomato Ketchup<br>-o0o-<br>Jacket Potato with Baked Beans (V) or Tuna Mayo |
| <b>Vegetables</b>       | Broccoli<br>Cauliflower   | Baked Beans<br>Peas & Sweet corn   | Green Beans<br>Carrots   | Vegetable Stir-fry<br>Mixed Salad  | Garden Peas<br>Grilled Tomatoes  |
| <b>Salad Bar</b>        |  Daily selection of salads to include - lettuce, tomato, cucumber, beetroot, sweetcorn, coleslaw and grated carrot |  |  |  |  |
| <b>Snack of the Day</b> | Leek and Potato Soup  | Sausage and Onion Baguette   | Cheese & Ham Panini  | Cheese & Tomato Turnover   | French bread Pizza   |
| <b>Desserts</b>         | Banana cake and Custard sauce<br>Yoghurt<br>Fruit Platter   | Rhubarb Crumble with custard sauce<br>Yoghurt<br>Fruit Salad   | Jelly served with Ice Cream<br>Yoghurt<br>Fruit Platter  | Syrup and Raisin Sponge with custard sauce<br>Yoghurt<br>Fruit Salad                               | Apple Pie & Cream<br>Yoghurt<br>Fruit Platter  |

 Marine Stewardship Council  
 Web Site. [www.msc.org](http://www.msc.org) Chain of Custody Registration Code MML-  
 Local   
 Oily Fish   
 (V) Vegetarian





Week 3

|                  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|------------------|---|--|---|--|---|
| Main Courses     | <br>BBQ Chicken drumstick served with baby potatoes<br>-o0o-<br>Sweet Chilli Quorn with broccoli and pasta (V) | <b>PIZZA DAY</b><br>Meaty Topped Pizza served with Jacket Wedges<br>-o0o-<br>Cheese and Tomato Pizza (V) served with Jacket Wedges | <br>Roast Beef served with Roast Potatoes<br>-o0o-<br>Cheese, Onion and Potato Pie (V) | Mild Chicken Passanda served with Fluffy Rice<br>-o0o-<br>Vegetable Lasagne served with Garlic Bread (V) | Salmon Nibbles served with Chips and Ketchup<br>-o0o-<br>Roasted Vegetable and Tomato Pasty (V) served with Chips |
| Vegetables       | Creamed Spinach<br>Sweet corn   | <br>Green Beans<br>Mixed Salad                    | <br>Crushed Swede<br>Broccoli  | Mixed Roasted Vegetables   | Garden Peas<br>Baked Beans  |
| Salad Bar        | Daily selection of salads to include - lettuce, tomato, cucumber, beetroot, sweetcorn, coleslaw and grated carrot   |  |   |  |   |
| Snack of the Day | Roasted Vegetable Wraps   | Cheese & Onion Panini  | French Bread Tuna & Sweetcorn Pizza   | Bacon & Cheese Croissants  | Cream of Mushroom Soup  |
| Desserts         | Apple & Cinnamon Pudding served with Custard sauce<br>Yoghurt<br>Fruit Platter  | Baked Pears served with Custard<br>Yoghurt<br>Fruit Salad  | Creamy Rice Pudding<br>Yoghurt<br>Fruit Platter   | Shortbread and Milk Yoghurt<br>Fruit Salad   | Mixed Fruit Jelly<br>Yoghurt<br>Fruit Platter   |

Marine Stewardship Council 

Web Site. [www.msc.org](http://www.msc.org) Chain of Custody Registration Code MML-

Local 

Oily Fish 

(V) Vegetarian

