

**SPRING TERM 2017**

DAY		WEEK 1	WEEK 2	WEEK 3	WEEK 4
Monday	Main	Chicken Curry, Rice & Naan Bread	Sweet & Sour Chicken, Vegetable Rice	Toad in the Hole, Mashed Potatoes & Peas or Baked Beans	Chicken Fajitas, Salad, Sour Cream & Cheese
	Veg	Mixed Bean Curry	Cheese & Tomato Omelette	Vegetarian Toad in the Hole	Vegetable Fajitas
	Dessert	Choc Ice	Mini Jam Doughnut	Jam Tart	Strawberry Cheesecake
Tuesday	Main	Roast Beef, Yorkshire Pudding, Roast Potatoes, vegetables, Horseradish Sauce	Roast Pork, Roast Potatoes, Green Beans & Carrots, Apple Sauce	Roast Chicken Thighs, Roast Potatoes, Vegetables, Sage & Onion Gravy	Roast Lamb, Roast Potatoes, Green Beans & Carrots, Mint Sauce, Gravy,
	Veg	Vegetable Roast or Tomato & Feta Cheese Quiche	Vegetable Roast or Cheese & Onion Quiche	Vegetable Roast or Chargrilled Pimento & Onion Quiche	Vegetable Roast or Asparagus Quiche
	Dessert	Fresh & Dried Fruit Selection, Yogurt	Fresh & Dried Fruit Selection, Yogurt	Fresh & Dried Fruit Selection, Yogurt	Fresh & Dried Fruit Selection, Yogurt
Wednesday	Main	Macaroni Cheese, Mixed Salad	Cheese, Tomato & Pepperoni Pizza, Mixed Salad	Beef Madras, Vegetable Rice & Naan Bread	Gluten free Sausages, Mashed Potatoes & Mixed Vegetables, Gravy
	Veg	As above	Margarita Pizza	Cheese and Tomato Omelette	Vegetarian Sausages
	Dessert	Fruit Jelly	Strawberry Mousse	Chocolate Crispy Cake	Rice Pudding & Jam
Thursday	Main	Chicken & Vegetable Casserole, Boiled Potatoes	Chicken Fajitas, Salad, Sour Cream & Cheese	Lasagne, Garlic Bread	Bolognaise Pasta Bake, Salad & Crusty Bread
	Veg	Vegetable Cassoulet	Mixed Bean Tacos	Jacket Potato with a choice of vegetarian toppings	Ratatouille, Crusty Bread
	Dessert	Date & Apricot Flapjack	Banana Bread	Raspberry Ripple Ice Cream Roll	Homemade Muffin
Friday	Main	Meatballs in Tomato Sauce and Penne Pasta	Salmon Fish Fingers, Chips & Peas or Baked Beans	Cumberland Pie, Mixed Vegetables	Cod Goujons, Chips & Peas or Baked Beans
	Veg	Cheese Tortellini in Tomato Sauce	Vegetable Stew, Crusty Cheese French Bread Croutons	Quorn Cumberland Pie, Mixed Vegetables	Egg Florentine
	Dessert	Apple Sponge & Custard	Vanilla Sponge & Custard	Mixed Berry Crumble, Custard	Jam Sponge & Custard
Daily Soup & Salad Bar	Soup will be available daily as an addition to the above menu At least 2 options of a meat /fish based dish & at least 1 vegetarian main course. Up to 10 side salads, plus freshly baked baguettes for added carbohydrate, grated cheese as an option with the vegetarian soups on Tuesdays for added protein.				