

3 Week Menu  
September 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	<p>Turkey Meatballs in Tomato Sauce Sweetcorn Penne Pasta</p> <p>Vegetable &amp; Bean Tomato Pasta ✓ Crispy Salad Fresh Bread Roll</p> <p>Shortbread Finger</p>	<p>Homemade Cheese Whirls Baked Beans</p> <p>Home Made Margarita Pizza ✓ Potato Wedges Crispy Salad</p> <p>Lemon Drizzle Cake</p>	<p>Minced Beef Bolognese With Spaghetti Garlic Bread</p> <p>Salmon &amp; Broccoli or Cheese &amp; Tomato Quiche ✓ Fresh Coleslaw Crispy Green Salad</p> <p>Individual Fruit Cheesecake</p>	<p>Roast Turkey &amp; Gravy Carrot &amp; Swede Roast Potatoes</p> <p>Quorn Fillet Stir Fried Vegetables ✓ Noodles or Rice</p> <p>Home Made Fruit Mousse</p>	<p>Breaded Fish Fingers Garden Peas Chipped Potatoes</p> <p>Oven Baked Veggie Nuggets ✓ Green Beans Chipped Potatoes</p> <p>Oaty Fruit Crumble &amp; Custard</p>
Week Two	<p>BBQ Chicken Fillet Sunshine Vegetable Rice</p> <p>Home Made Margarita Pizza ✓ Potato Wedges Crispy Green Salad</p> <p>Home Made Fruit Cookie</p>	<p>Minced Pork Pie &amp; Gravy Green Beans Creamed Potatoes</p> <p>Vegetable Sausage Roll ✓ Rosti Potato Baked Beans</p> <p>Frozen Yoghurt Pot</p>	<p>Chicken Korma 50/50/Rice Naan Bread</p> <p>Quorn, Vegetable &amp; Bean Enchiladas ✓ Crispy Green Salad</p> <p>Medley of Fresh Fruit Slices</p>	<p>Roast Beef Yorkshire Pudding &amp; Gravy Carrot &amp; Cabbage Roast Potatoes</p> <p>Vegetable &amp; Lentil Frittata ✓ Crispy Green Salad</p> <p>Pineapple Upside Down Sponge &amp; Custard</p>	<p>Fish Goujons Sweetcorn Chipped Potatoes</p> <p>Roasted Vegetable &amp; Pasta Bake ✓ Side Salad</p> <p>Chocolate Orange Iced Finger</p>
Week Three	<p>Oven Baked Sausage Garden Peas Creamed Potatoes</p> <p>Tortilla Wraps ✓ with Assorted Fillings Coleslaw &amp; Crispy Salad</p> <p>Homemade Cookie</p>	<p>Cumberland Pie Carrots</p> <p>Quorn Curry ✓ 50/50 Rice Naan Bread</p> <p>Fruit Jelly</p>	<p>Chicken Tikka Masala 50/50 Rice Naan Bread</p> <p>Cheese &amp; Potato Pie ✓ Baked Beans</p> <p>Fresh Fruit Salad</p>	<p>Roast Gammon Cauliflower Cheese &amp; Broccoli Roast Potatoes</p> <p>Lentil Roast &amp; Veggie Gravy ✓ Cauliflower Cheese &amp; Broccoli</p> <p>Holly's Toffee Apple Sponge &amp; Custard</p>	<p>Jumbo Fish Finger Garden Peas &amp; Sweetcorn Chipped Potatoes</p> <p>Vegetable Lasagne ✓ Crispy Green Salad Mini Bread Roll</p> <p>Raspberry Muffin</p>
<p>Also available daily: Freshly prepared sandwiches or jacket potatoes &amp; various fillings, fresh bread &amp; mixed salad bar. Fresh fruit or yoghurt, fresh fruit juice, semi skimmed milk or fresh water.</p>					