

# Spring/Summer Menu



## WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PROTEIN</b>				
Oven Baked Chicken Breast with Homemade Tomato Sauce	Homemade Beef Bolognese	Oven Baked Turkey Steak	Roast Pork with Sage & Onion Stuffing or Apple Sauce	Oven Baked Cod Portion
Veggeballs with Homemade Tomato Sauce	Vegetarian Sausage Roll (v)	Vegetarian Wrap	Veggie Nuggets	Homemade Cheese & Onion Slice
<b>CARBOHYDRATE</b>				
Egg Noodles	Half a Jacket Potato	Oven Baked Croquette Potatoes	Fresh Roast Potato	Chunky Chipped Potatoes
Oven Baked Herby Diced Potatoes	Pasta Spirals	Wholemeal Bun	Creamed Potato	Half a Jacket Potato
			Vegetarian Gravy	
<b>VEGETABLES</b>				
Sweetcorn Garden Peas Fresh Side Salad	Fresh Broccoli Florets Fresh Side Salad	Fresh Mixed Vegetables Fresh Side Salad	Fresh Sliced Carrots Sweetcorn Fresh Side Salad	Chip Shop Mushy Pease Garden Peas Fresh Side Salad
<b>FRUIT JUICE, FRESH MILK AND DRINKING WATER</b>				
<b>DESSERT</b>				
Fruit Ice Cream	Homemade Fergus Monkey Muffin	Homemade Flapjack	Homemade Apple Crumble & Custard	Homemade Orange Sponge
Cream Cheese Triangle & Crackers	Chilled Strawberry Mousse	Melon Slice	Fruit Jelly	Vanilla Ice Cream
Sliced Fresh Fruit Segments	Sliced Fresh Fruit Segments	Sliced Fresh Fruit Segments	Sliced Fresh Fruit Segments	Sliced fresh Fruit Segments
<b>SANDWICH OPTION WITH FRESH SIDE SALAD, DESSERT AND DRINK AVAILABLE DAILY</b>				
<b>JACKET POTATO OPTION WITH FRESH SIDE SALAD DESSERT AND DRINK AVAILABLE DAILY</b>				

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## WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PROTEIN</b>				
Oven Baked Meat Pizza Slice	Fresh Gammon with Pineapple Slice	Chicken Fillet with Tikka Sauce or Gravy	Homemade Stewed Steak with Puff Pastry Top	Oven Baked Haddock Grill
Oven Baked Vegetarian Slice	Oven Baked Cod portion with added Omega 3	Vegetarian Filled Giant Vol au Vent	Vegetarian Grill	Homemade 100% Beef Burger
			Vegetarian Gravy	
<b>CARBOHYDRATE</b>				
Oven Baked Jacket Wedges	Half a Jacket Potato  Wholemeal Bread Bun	Long Grain Rice  Creamed Potato	Roast Potatoes  Creamed Potatoes	Chunky Chipped Potatoes  Half Jacket Potato
	Vegetarian Gravy			
<b>VEGETABLES</b>				
Sweetcorn  Fresh Side Salad	Sliced Green Beans  Fresh Side Salad	Mixed Vegetables Sweetcorn Fresh Side Salad	Fresh Sliced Carrots Seasonal Cabbage Fresh Side Salad	Sweetcorn Baked Beans Fresh Side Salad
<b>FRUIT JUICE, FRESH MILK AND DRINKING WATER</b>				
<b>DESSERT</b>				
Homemade Chocolate Fruity Muffin  Vanilla Ice Cream Tub  Sliced Fresh Fruit Segments	Homemade Ginger Biscuit  Fruit Jelly  Sliced Fresh Fruit Segments	Homemade Iced Sponge   Sliced Fresh Fruit Segments	Chilled Chocolate Mousse  Melon Slice  Sliced Fresh Fruit Segments	Homemade Pineapple Cake  Cream Cheese Triangle & Crackers  Sliced Fresh Fruit Segments
<b>SANDWICH OPTION WITH FRESH SIDE SALAD, DESSERT AND DRINK AVAILABLE DAILY</b>				
<b>JACKET POTATO OPTION WITH FRESH SIDE SALAD DESSERT AND DRINK AVAILABLE DAILY</b>				

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## WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PROTEIN</b>				
Oven Baked Chicken Chunks with Barbeque Dip	Roast Beef and Yorkshire Pudding	Freshly Cooked Meat Wholemeal Pizza Slices	Homemade Beef Bolognese	Oven Baked Salmon in Wholemeal Crumb
Homemade Vegetable Pie	Homemade Vegetarian Pasta Spirals	Freshly Cooked Vegetarian Wholemeal Pizza Slices	Homemade Omelette	Oven Baked Fresh Pork Sausages with Onion
<b>CARBOHYDRATE</b>				
Homemade Jacket Wedges	Fresh Roast Potatoes	Croquette Potatoes	Half a Jacket Potato	Chunky Chipped Potatoes
Long Grain Rice	Creamed Potatoes	Half a Jacket Potato	Pasta Shells	Creamed Potatoes
	Vegetarian Gravy			Vegetarian Gravy
<b>VEGETABLES</b>				
Garden Peas	Fresh Sliced Carrots Seasonal Cabbage	Sweetcorn	Fresh Broccoli Florets	Garden Peas or Mushy Peas Baked Beans
Fresh Side Salad	Fresh Side Salad	Fresh Side Salad	Fresh Side Salad	Fresh Side Salad
<b>FRUIT JUICE, FRESH MILK AND DRINKING WATER</b>				
<b>DESSERT</b>				
Homemade Chocolate Cookie	Homemade Fruit Crumble With Custard	Homemade Shortbread	Homemade Rice Pudding	Homemade Raspberry Bun
Vanilla Ice Cream Tub	Fruit Jelly	Melon Slice	Low Fat Frozen Yoghurt	Cream Cheese Triangle & Crackers
Sliced Fresh Fruit Segments	Sliced Fresh Fruit Segments	Sliced Fresh Fruit Segments	Sliced Fresh Fruit Segments	Sliced Fresh Fruit Segments
<b>SANDWICH OPTION WITH FRESH SIDE SALAD, DESSERT AND DRINK AVAILABLE DAILY</b>				
<b>JACKET POTATO OPTION WITH FRESH SIDE SALAD DESSERT AND DRINK AVAILABLE DAILY</b>				