

## Week 1 Menu

## MENUS FEBRUARY TO JULY 2017

| <b>Menu</b>        | <b>Monday</b>  | <b>Tuesday</b>                           | <b>Wednesday</b>  | <b>Thursday</b>                            | <b>Friday</b>                                      |
|--------------------|--|--|---|--|--|
| <b>"A"</b>         | Sweet & Sour Meatballs with Rice (DF & GF)                         | Poached Cod (V DF GF) with Parsley Sauce | Roast Pork (DF & GF )   | Sausage (DF)                               | Salmon Fish Cakes                                  |
| <b>"B"</b>         | Vegetable Lasagne (V)<br>Garlic Bread<br>Veg ratatouille (DF GF,V) | Cauliflower and Broccoli Cheese (V)      | Quorn Sausages (V, DF )                                       | Pizza (V)                                  | Quorn Bolognaise with Pasta (V DF)<br>GF available |
| <b>Side Dishes</b> | Broccoli<br>Peas<br>Bread  | Jacket Potato<br>Carrots, Peas<br>Bread  | Roast Potatoes<br>Cauliflower,<br>Green Beans<br>Gravy, Bread | Mashed Potato<br>Sweet Corn<br>Baked Beans | Jacket wedges<br>Cabbage,<br>Carrots               |
| <b>Desserts</b>    | Chocolate Crunch (DF & V) & Chocolate Sauce (GF &V )               | Fruit Cheese Cake (V)                    | Semolina (GF & V )  | Apple Crumble (DF & V) and Custard (GF)    | Sultana Flapjack (DF )                             |

w/b 20<sup>th</sup> Feb, 20<sup>th</sup> March, 1<sup>st</sup> May, 5<sup>th</sup> June, 3<sup>rd</sup> July 2017

## Week 2 Menu

| <b>Menu</b>            | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>                 | <b>Friday</b>                                  |
|------------------------|---|--|---|---------------------------------|--|
| <b>"A"</b>             | Fish Stew<br>(DF & GF)  | Cottage Pie<br>(DF & GF)                               | Roast<br>Chicken (DF<br>& GF)                               | Meat<br>Lasagne<br>Crusty Bread | Salmon Pie                                     |
| <b>"B"</b>             | Quorn<br>Burger (V &<br>DF)                                   | Vegetable<br>Crumble (V)                               | Broccoli &<br>Macaroni<br>Cheese (V)                        | Savoury Rice<br>(GF DF V)       | Beany Pie<br>(DF, GF & V)                      |
| <b>Side<br/>Dishes</b> | Mashed<br>Potatoes<br>Carrots<br>Mixed<br>Vegetables<br>Bread | Mashed<br>Potatoes<br>Broccoli<br>Baked Beans<br>Bread | Roast<br>Potatoes<br>Cauliflower<br>Swede<br>Gravy<br>Bread | Salad<br>Peas<br>Bread          | Mashed<br>Potatoes<br>Peas<br>Cabbage<br>Bread |
| <b>Desserts</b>        | Arctic Roll<br>(V)  | Shortcake (DF)<br>Fruit Smoothie<br>(GF DF V)          | Plum<br>Crumble (DF)<br>Custard (GF)                        | Banana<br>Custard (GF<br>&V)    | Rice Pudding<br>with Fruit<br>(GF)             |

w/b 27<sup>th</sup> Feb, 27<sup>th</sup> March, 8<sup>th</sup> May, 12<sup>th</sup> June, 10<sup>th</sup> July 2017

## Week 3 Menu

| <b>Menu</b>        | <b>Monday</b>  | <b>Tuesday</b>                           | <b>Wednesday</b>                                    | <b>Thursday</b>                       | <b>Friday</b>                                |
|--------------------|--|--|---|---------------------------------------|--|
| <b>"A"</b>         | Sausage Casserole (DF)                                 | Fish Crumble Poached Cod(DF GF )         | Roast Turkey (DF &GF)                               | Lamb Hot Pot (DF & GF)                | Fish Fingers & Chips (DF & V)                |
| <b>"B"</b>         | Jacket Potatoes with Beans (V, DF & GF) Cheese         | Vegetable Quiche (V)                     | Sweet Potato and Lentil Korma with Rice (V & GF DF) | Vegetable Hotpot (V, GF & DF)         | Vegetable Pasta Bake (V) (GF available)      |
| <b>Side Dishes</b> | Jacket Potato<br>Mixed Veg<br>Broccoli<br>Gravy, Bread | New Potatoes<br>Carrots<br>Peas<br>Bread | Roast Potatoes<br>Swede<br>Cabbage<br>Gravy, Bread  | Broccoli<br>Mixed Veg<br>Bread        | Peas<br>Baked Beans<br>Bread                 |
| <b>Desserts</b>    | Angel Delight (GF)                                     | Banana Cake (DF & V )                    | Pineapple Upside down Cake (DF)<br>Custard (GF)     | Fruit in Jelly (DF & GF)<br>Ice Cream | Chocolate Sponge (DF) & Chocolate Sauce (GF) |

w/b 6<sup>th</sup> March, 3<sup>rd</sup> April, 15 May, 19<sup>th</sup> June, 17<sup>th</sup> July 2017

## Week 4 Menu

| <b>Menu</b>            | <b>Monday</b>                               | <b>Tuesday</b>  | <b>Wednesday</b>                                     | <b>Thursday</b>                                 | <b>Friday</b>   |
|------------------------|---|---|--|---|---|
| <b>"A"</b>             | Sweet and Sour<br>Chicken & Rice<br>(DF GF) | Spaghetti<br>Bolognaise<br>(DF)<br>(GF available)             | Breaded Fish<br>(DF)<br>And Chips                    | Beef and<br>Vegetable<br>Pie (DF)               | Tuna Pasta<br>Bake (V)                                  |
| <b>"B"</b>             | Vegetable Curry<br>and rice (V DF<br>& GF)  | Potato and<br>Leek Pie (V )                                   | Cheese and<br>Vegetable Bake<br>Jacket Potato<br>(V) | Quorn<br>Moussaka<br>(V )<br>( GF<br>available) | Tomato Pasta<br>Bake ( V )<br><br>(GF &DF<br>available) |
| <b>Side<br/>Dishes</b> | Peas<br>Carrots<br>Bread                    | Crusty Bread<br>Roasted<br>Vegetables<br>Green beans<br>Bread | Mixed Veg<br>Baked Beans<br>Bread                    | New<br>Potatoes<br>Peas<br>Cabbage<br>Bread     | Broccoli<br>Sweet Corn<br>Bread                         |
| <b>Desserts</b>        | Apple Pie (DF &<br>V)<br>Custard (GF)       | Fresh Fruit<br>Salad(V, DF &<br>GF)<br>Ice Cream<br>(GF)      | Eves Pudding<br>(DF) & Custard<br>(GF)               | Rice Pudding<br>(GF)                            | Iced Orange<br>Cakes (DF)<br>Custard (GF)               |

w/b 13<sup>th</sup> March, 24<sup>th</sup> April, 22<sup>nd</sup> May, 26<sup>th</sup> June 2017