

WEEK 1

25/2/19, 28/3/19, 22/4/19, 13/5/19, 10/6/19, 17/7/19,
22/7/19, 16/9/19, 7/10/19

MONDAY

Savoury Minced Beef Mash
or
Vegetable Chow Mein (V)
Jacket Potato with Choice of Filling (V)
Golden Corn, Mixed Salad
Apple & Pear Crumble with Custard

TUESDAY

Hot Dog with Jacket Wedges & Tomato Sauce
or
Cheesy Broccoli Quiche with New Potatoes (V)
Jacket Potato with Choice of Filling (V)
BBQ Beans, Super Greens
Chocolate & Beetroot Brownie

WEDNESDAY

Roast Chicken with Stuffing, Gravy & Roast Potatoes
or
Veggie Bolognese with Pasta (V)
Jacket Potato with Choice of Filling (V)
Broccoli, Carrots
Rice Pudding & Jam Sauce

THURSDAY

Beef Cottage Pie
or
Ratatouille Pasta (V)
Jacket Potato with Choice of Filling (V)
Green Beans, Golden Corn
Pear and Chocolate Sponge & Chocolate Custard

FRIDAY

Battered Cod with Chips & Tomato Sauce
or
Cheese & Tomato Puff with Chips (V)
Jacket Potato with Choice of Filling (V)
Baked Beans, Garden Pear
Apple Flapjack

WEEK 2

4/3/19, 25/3/19, 29/4/19, 20/5/19, 17/6/19, 8/7/19,
2/9/19, 23/9/19, 14/10/19

**FRESH
HEALTHY
TASTY**

Beef Burger with Jacket Wedges & Tomato Sauce
or
Spinach & Potato Frittata (V)
Jacket Potato with Choice of Filling (V)
Garden Pear, Mixed Salad
Syrup Sponge with Custard

Spaghetti Beef Bolognese
or
Quorn Paella (V)
Jacket Potato with Choice of Filling (V)
Green Beans, Cauliflower
Flapjack

Roast Turkey with Gravy & Roast Potatoes
or
Mac & Cheese (V)
Jacket Potato with Choice of Filling (V)
Shredded Cabbage, Carrots
Strawberry Jelly & Peach Slices (V)

Chicken & Broccoli Pasta Bake
or
All Day Veggie Breakfast (V)
Jacket Potato with Choice of Filling (V)
Broccoli, Baked Beans
Pineapple Upside Down Cake with Custard

Breaded Fish with Chips & Tomato Sauce
or
2 Cheese French Bread Pizza (V)
Jacket Potato with Choice of Filling (V)
Garden Pear, Golden Sweetcorn
Lemon Curd Shortbread

WEEK 3

11/3/19, 1/4/19, 6/5/19, 3/6/19, 24/6/19, 15/7/19,
9/9/19, 30/9/19, 21/10/19

Sausage & Mash with Gravy
or
Cauliflower Cheese & New Potatoes (V)
Jacket Potato with Choice of Filling (V)
Carrots, Garden Pear
Australian Crunch

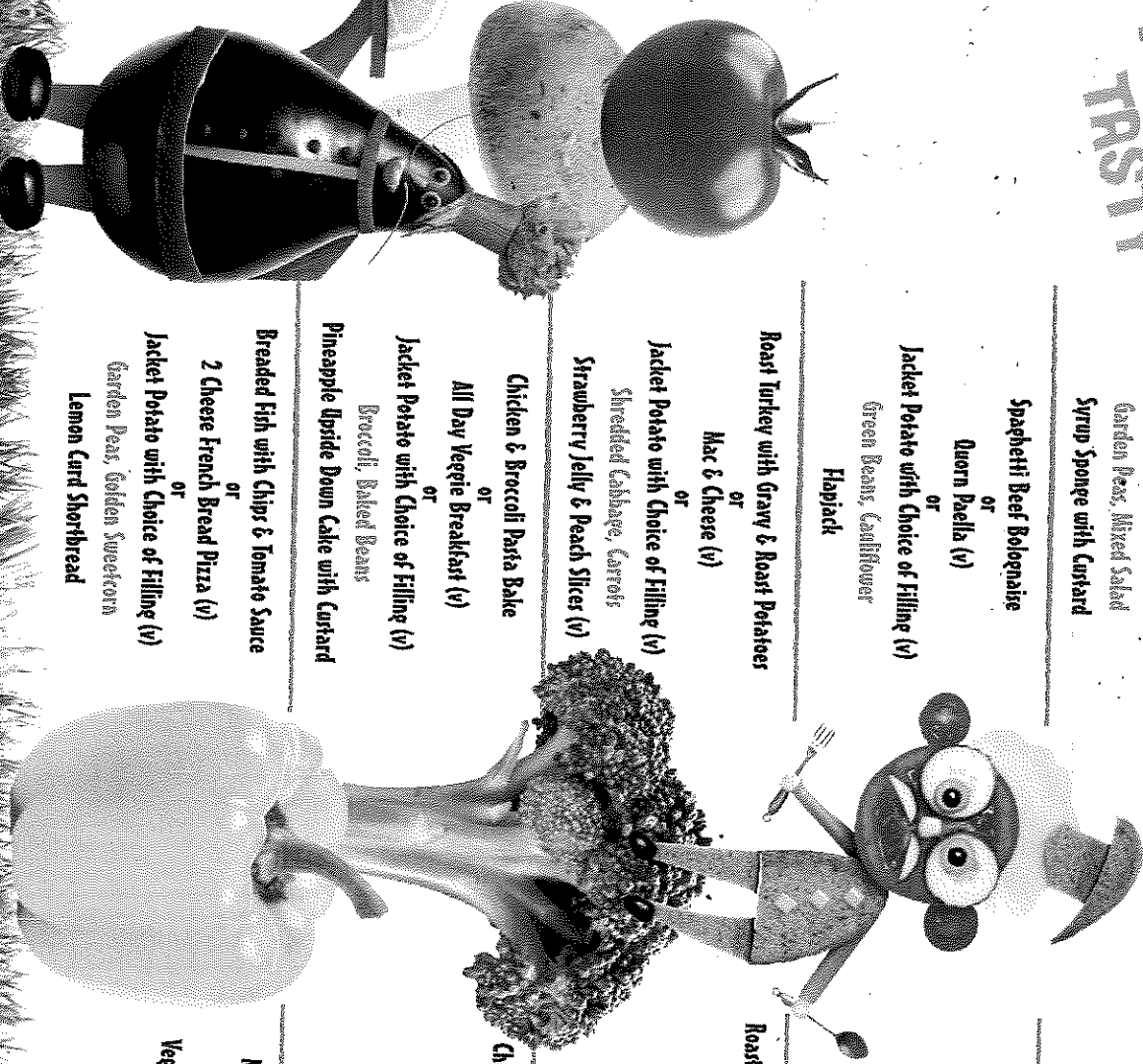
Beef Lasagne with Garlic Bread
or
Golden Veggie Rice (V)
Jacket Potato with Choice of Filling (V)
Green Beans, Golden Corn
Jam Sponge and Custard

Roast Chicken with Stuffing, Gravy & Roast Potatoes
or
Cheese & Onion Pinwheel (V)
Jacket Potato with Choice of Filling (V)
Broccoli, Carrots
Strawberry Jelly & Pineapple Chunks (V)

Cheese & Tomato Pizza with Potato Wedges (V)
or
Vegetable Curry with Rice (V)
Jacket Potato with Choice of Filling (V)
Green Beans, Golden Corn
Peach Crumble with Custard

MSC ~~_____~~ White Fish Fingers
with Chips & Tomato Sauce
or
Veggie Hot Dog with Chips & Tomato Sauce (V)
Jacket Potato with Choice of Filling (V)
Baked Beans, Garden Pear
Iced Bun

SERVED DAILY - FRESHLY BAKED BREAD, FRESH FRUIT, YOGHURTS AND FRESH DRINKING WATER.



Smile food that makes you happy



(V) Suitable For Vegetarians