

Sept 2018 - Four Week Menu Cycle

Menu Week One

	Lunch	Tea
Monday	Macaroni cheese, Mixed Salad Melon	Vegetable and potato Frittata Salad
Tuesday	Beef or Veg lasagne Broccoli Yoghurt	Sardines/ Hummus dip (V) Pitta bread Vegetable sticks
Wednesday	Lentil spinach curry Rice Cucumber & tomato salad Fresh fruit	Various sandwiches
Thursday	Chicken/vegetable pie Quorn & vegetable pie (V) Roast Potato Fresh fruit	Beans and vegetable soup
Friday	Fish gratin Quorn gratin Garden peas Fresh fruit salad	Pitta bread Pizza rocket / spinach topping

Menu Week Two

	Lunch	Tea
Monday	Vegetable & borlotti beans Pasta Cheese Fresh fruit salad	Oven chips Veg sausages Salad
Tuesday	Beef chilli or Bean Chilli and rice, Salad Coleslaw Melon	Sandwiches
Wednesday	Vegetable & quorn tangine, couscous Salad yoghurt & fruit puree	Cheese and Fruit home made scones
Thursday	Roast chicken Quorn roast (V) Roast potatoes Gravy Shredded cabbage Exotic fruit platter	Vegetable soup Fruit
Friday	Fish in pepper and tomato sauce bake Mash potato Peas Ice cream & peaches	Veg burgers Salad Salsa sauce Fruit

Menu Week Three

	Lunch	Tea
Monday	Lentil & mushroom lasagne Carrots Fresh fruit	Hummus Pitta bread Salad
Tuesday	Mixed bean casserole Mashed potato Broccoli Rice Pudding	Sandwiches
Wednesday	Chicken goulash Chickpeas & potato goulash (V) Rice Apple crumble	Herby tomato & vegetable soup
Thursday	Beef Spaghetti bolognaise Veg Spaghetti bolognaise Mixed salad/cabbage Fresh fruit platter	Garlic pizza Salad
Friday	Fish fingers Veg burgers Chips Salad Semolina with fruit	Jacket potato Beans Cheese

Menu Week Four

	Lunch	Tea
Monday	Jacket potato, baked beans, cheese Green salad Rice pudding	Potato wedges BBQ veg sausages
Tuesday	Vegetable bean pie Carrots New potatoes Fruit	English muffins pizza with various toppings Vegetable sticks
Wednesday	Beef stew Veg mince stew(V) Jollof rice Sweet corn Fresh fruit	Tuna & shredded carrot sandwich Cheese Cheese & tomato
Thursday	Moroccan chicken or Quorn (V) Lemon cous cous Broccoli Melon	Vegetable soup Bread and butter
Friday	Fisherman's pie with crumb topping veg pie (V) Carrots and peas Yoghurt	Picnic platter Cheese, carrot, cucumber, celery, Hummus Pitta bread

Lunch includes: white/brown bread and various salads. Water is also available all day.

This menu is subject to change depending on seasonal produce

Updated September 2018