

Winter

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
speciality	Chili con carnie	Mediterranean chicken	Hand carved Roast pork and apple sauce	Steak and mushroom pie	Haddock and cheese fish cakes
Vegetarian meal	Creamy spinach and mushroom bake	Vegetable Kiev's with sauté potatoes	Broccoli mushroom pasta bake	Vegetable kebab's	Red pepper and brie tart
Potato/ rice Vegetable	boiled rice Seasonal vegetables	Vegetable pasta Seasonal vegetables	Roast potatoes Seasonal vegetables	Buttered potatoes Seasonal vegetables	Wedge potatoes Seasonal vegetables
Mix & match pasta, rice jacket bar	See separate menu				
Filled Bread selection	At least 2 x vegetarian 2 x meat /fish per day				
Salad shakers	Range of vegetable/fruit/pasta based salads with chicken, tuna ham, cheese toppings				
pudding of the Day	Peaches and cream	Apple & raspberry crunch crumble	Chocolate treacle sponge	Apple & sultana crumble	Chocolate bread & butter pudding
Cold desserts	A range of daily cold desserts including fresh fruit, fruit shakers ,jelly, cheesecake,& yoghurts.				
Beverages	A range of juices, milk drinks and fresh smoothies				

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Speciality	Chicken korma	Minced beef lasagne	Hand carved roast turkey cranberry sauce	Crustless spinach, bacon and cheese quiche	battered fish
Vegetarian meal	Stuffed beef tomatoes	Macaroni cheese	Mixed bean and pepper pancakes	Mushroom with goats cheese frittata	Vegetable stir fry with egg rice
Vegetable/ potatoes	Seasonal vegetables Wholegrain rice	Seasonal vegetable Garlic bread	Seasonal vegetables roast potatoes	Seasonal vegetables Spicy baby wedges	Seasonal vegetable Chipped potatoes
Pasta bar	Mix & match pasta, rice and jacket potato bar see separate menu				
Filled rolls sandwiches	At least 2 x vegetarian 2 x meat /fish per day				
Salad shakers	Range of vegetable/fruit/pasta based salads with chicken, tuna ham, cheese toppings				
pudding of the Day	Apple crumble	Bread & butter pudding	Pear tarts	Orange & lemon sponge	Creamy rice pudding
Cold desserts	A range of daily cold desserts including fresh fruit, fruit shakers ,jelly, cheesecake,& yoghurts.				
Beverages	A range of juices, milk drinks and fresh smoothies				

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
speciality	Mexican green chili pork	Chicken and chickpea tagin	Hand carved roast beef with Yorkshire pudding	Potato,bacon, leek & cheese pie	Battered fish
Vegetarian meal	Cauliflower and broccoli bake	Spanish omelette	Vegetable cannelloni	Pasta margherita	Vegetable fajitas
Potato/ Rice vegetables	Vegetable rice Seasonal vegetable	Herb diced Seasonal vegetable	roast potatoes Seasonal vegetables	Creamed Potato Seasonal vegetable	Sauté potatoes Seasonal vegetables
mix & match pasta jacket & rice bar	separate menu				
Filled rolls/ sandwiches	At least 2 x vegetarian 2 x meat /fish per day				
Salad shakers	Range of vegetable/fruit/pasta based salads with chicken, tuna ham, cheese toppings				
pudding of the Day	Chocolate sponge with chocolate sauce	Apple & apricot crumble with custard	Pear and chocolate sponge	Oaty apple & sultana crumble	Welsh cakes and cream
Cold desserts	A range of daily cold desserts including fresh fruit, fruit shakers ,jelly, cheesecake,& yoghurts.				
Beverages	A range of juices, milk drinks and fresh smoothies				