

Winter 2018



Week 1

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

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Week 2

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

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Week 3

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