

M: Home-made chicken pie: chicken breast & vegetables in a rich gravy with pastry top, served with oven potato wedges/pasta & seasonal vegetables, gravy
V: Cheese & tomato muffin pizza, with oven potato wedges/pasta, seasonal vegetables or salad from the salad bar
D: Warm jam sponge and custard

M: Homemade beef lasagne with a garlic bread slice, peas and sweetcorn. Salad and coleslaw available from the salad bar
V: Cauliflower cheese with crispy potatoes, peas and sweetcorn with a garlic bread slice.
D: Lemon shortcake cookie

M: BBQ glazed meatballs with toasted cheese, pasta twists or potato wedges, mixed vegetables
V: Vegetable biryani—a mild vegetable curry dish with rice
D: Carrot cake with a vanilla topping

M: Bangers and mash—sausages with creamy mashed potatoes or pasta twists, baked beans or sweetcorn
V: Cheese & potato pastry wheels with creamy mashed potatoes or pasta twists, baked beans or sweetcorn
D: Vanilla ice-cream and fruit cocktail

M: Chicken burger in a bun - chicken breast burger in a crispy breadcrumb coating, pasta twists, sweetcorn, salad and coleslaw from the salad bar
V: Quorn mince lasagne with garlic bread slice, sweetcorn, salad and coleslaw
D: Blackcurrant jelly and fruit

M: Cheese and tomato deep-based homemade pizza, plain or tomato pasta, peas and sweetcorn
V: A slightly spicy samosa—mixed bean and lentil curried filled samosa, plain or tomato pasta, peas and sweetcorn
D: Apricot flapjack

M: Roast turkey with cranberry, sage & onion stuffing, roast potatoes or mashed potatoes, seasonal vegetables and gravy
V: Quorn mince cottage pie, seasonal vegetables, gravy
D: Strawberry trifle - a vanilla sponge layered with strawberries, topped with strawberry custard

M: Roast gammon and pineapple, roast or mashed potatoes, stuffing, broccoli and carrots, gravy
V: Homity pie - a cheese, potato and onion pie, gravy, broccoli and carrots
D: Raspberry and apple sponge cake with custard

M: Roast beef, Yorkshire pudding with either roast or creamy mashed potatoes, cabbage, carrots and gravy
V: Vegetarian roast, sage and onion stuffing with peppers, carrots and cheese in a flaky pastry case
D: Chocolate sponge and chocolate sauce

M: Cottage pie—K&M minced beef and gravy topped with cream mashed potatoes, season vegetables.
V: Veggie burgers in a warm bun. Crispy coated vegetable burger with pasta twists and seasonal vegetables or salad from the salad bar
D: Fruit yogurts. Fresh fruit salad or fruit cocktail

M: Mac and cheese with bacon and sausage bits, peas and sweetcorn
V: Quorn meatballs in a tomato sauce, crusty bread, peas and sweetcorn
D: Fruit yogurts, fresh fruit salad, fruit cocktail

M: Sweet and sour chicken served with rice and vegetables
V: Mac and cheese with a slice of wholemeal bread, seasonal vegetables
D: Fruit yogurts. Fresh fruit, Fruit cocktail.

M: Fish fingers with either golden fries or pasta twists, peas and sweetcorn. Tomato sauce
V: Linda McCartney sausage toad in the hole, vegetarian gravy. Peas and sweetcorn
D: Giant chocolate Bourbon biscuit

M: Chicken strips and golden fries or pasta twists (chicken breast strip in a light golden batter), mixed vegetables, tomato sauce
V: Oriental noodles, Chinese stir fry vegetables and noodles in a chow mein sauce
D: Rainbow iced sponge

M: Salmon fish fingers with either golden fries or pasta twists, peas, tomato sauce
V: BBQ Linda McCartney sausage, BBQ sauce, golden fries or pasta, peas
D: Lime jelly and pineapple pieces

Jan/Feb 2019			
	14	21	28
8	15	22	29
9	16	23	30
10	17	24	31
11	18	25	1
12	19	26	2
13	20	27	3

Feb 2019			
4	11		
5	12		
6	13		
7	14		
8	15		
9	16		
10	17		



Fresh Fruit Salad and Müller Fruit Yogurts available daily



Salad Bar, Jacket Potatoes and Baguettes available daily

