

# Weekly Menu



Every day we offer: Fruit Juice Cordial, Organic Semi Skimmed Milk, and a Fresh Bread Basket  
Ketchup is offered with selected dishes. Vegetable accompaniments may change due to seasonal availability

## Week one

Week Commencing: 12/11, 3/12, 7/1/19, 28/1, 25/2, 18/3, 8/4

### Main meal...

British Pork Sausages with Gravy and Creamy Mashed Potatoes

(v,h) Doug's Farmhouse Omelette with Baked Potato Wedges

### MONDAY

#### On the side...

Vegetables of the Day

#### For dessert...

(v,h) Homemade Flapjack  
(v) Cheddar Cheese, Crackers & Apple  
(v) Organic Yoghurt or Fresh Fruit

### Main meal...

BBQ Chicken Fillet Bites in a Wrap, Baked Potato Wedges

(v,h) Vegetable Pasta Bake, with Malted Wheat Baguette

### TUESDAY

#### On the side...

Fresh Salad  
Corn on the Cob or Peas

#### For dessert...

(v,h) Toffee Apple Sponge with Custard  
(v) Ice Cream Tub  
(v) Organic Yoghurt or Fresh Fruit

### Main meal... ROAST DAY

British Roast Beef, Yorkshire Pudding, Gravy, Crispy Roast Potatoes

(v) Veggie Toad in the Hole, Gravy, Crispy Roast Potatoes

### WEDNESDAY

#### On the side...

Vegetables of the Day

#### For dessert...

(v,h) Chocolate Crunch Biscuit  
(v) Organic Yoghurt or Fresh Fruit

### Main meal...

(h) Homemade Mild Chicken Tikka with Wholegrain Rice

(v,) Cheese and Tomato Pizza Wedge, Crispy Potatoes

### THURSDAY

#### On the side...

Vegetables of the Day

#### For dessert...

(v,h) Lemon or Orange Drizzle Cake  
(v) Organic Yoghurt or Fresh Fruit

### Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes

(v,h) Chinese Style Quorn with Noodles

### FRIDAY

#### On the side...

Peas  
Baked Beans

#### For dessert...

(v) Pancakes with Fruit Toppings  
(v) Organic Yoghurt or Fresh Fruit

## Week two

Week Commencing: 19/11, 10/12, 14/1/19, 4/2, 4/3, 25/3, 29/4

### Main meal...

Organic Beef Grill in a High Fibre Bun, Baked Potato Wedge

(v,h) Saffron's Vegetable and Lentil Korma, Wholegrain Rice

### MONDAY

#### On the side...

Fresh Salad  
Vegetables of the Day

#### For dessert...

(v) Creamy Whip with Fruit  
(v,h) Homemade Favourite Cookie  
(v) Organic Yoghurt or Fresh Fruit

### Main meal...

(h) Homemade Chicken Pie, Gravy, Creamy Mash or Crispy Potatoes

(v) Jacket Potato with Cheese and Sweetcorn

### TUESDAY

#### On the side...

Vegetables of the Day  
Baked Beans

#### For dessert...

(v,h) Iris's Homemade Fruit Muffin Traybake or (v) Ice Cream Tub  
(v) Organic Yoghurt or Fresh Fruit

### Main meal... ROAST DAY

British Roast Pork Joint/Loin or Gammon Joint, Apple Sauce, Gravy, Crispy Roast Potatoes

(v,h) Cheesy Pasta Bake, Malted Wheat Baguette

### WEDNESDAY

#### On the side...

Vegetables of the Day

#### For dessert...

(v,h) Up Beet Chocolate Cake  
(v) Organic Yoghurt or Fresh Fruit

### Main meal...

(h) Pasta with Doug's Organic Beef Bolognese Sauce with Homemade Garlic Bread

(v,h) Not Too Spicy Vegetable Burrito with Baked Potato Wedges

### THURSDAY

#### On the side...

Fresh Salad  
Vegetables of the Day

#### For dessert...

(v,h) Homemade Apple Pudding & Custard  
(v) Strawberry Swirl Mousse  
(v) Organic Yoghurt or Fresh Fruit

### Main meal... FISHY FRIDAY

(msc) Harry Ramsden's Seaside Salmon Fish Fillet, Criss-Cross Potatoes

(v,h) Saffron's Homemade Favourite Quiche, Criss-Cross Potatoes

### FRIDAY

#### On the side...

Peas  
Baked Beans

#### For dessert...

(v) Cheddar Cheese, Crackers & Apple Jelly with Peaches  
(v) Organic Yoghurt or Fresh Fruit

## Week three

Week Commencing: 26/11, 17/12, 21/1/19, 11/2, 11/3, 1/4, 6/5

### Main meal...

Doug's Organic Pork Meatballs, Rich Tomato Gravy and Pasta

(v,h) Broccoli and Sweetcorn Bake, Malted Wheat Baguette  
Vegetables layered between sliced potatoes and baked in a creamy sauce

### MONDAY

#### On the side...

Fresh Salad  
Vegetables of the Day

#### For dessert...

(v,h) Homemade Zesty Orange Cookie  
(v) Organic Yoghurt or Fresh Fruit

### Main meal...

Tasty Brunch Lunch - Bacon medallion, pork sausage and potato wedges served with baked beans or tomatoes

(v) Breadcrumbed Vegetable Fingers, Baked Potato Wedges

### TUESDAY

#### On the side...

Baked Beans  
Tomatoes

#### For dessert...

(v,h) Chef's Fruit Crumble with Custard  
(v) Ice Cream Tub  
(v) Organic Yoghurt or Fresh Fruit

### Main meal... ROAST DAY

Roast Chicken Fillet or Joint, Gravy and Crispy Roast Potatoes

(v,h) Vegetable Lasagne, Malted Wheat Baguette  
Filled with Mediterranean vegetables in a rich tomato sauce

### WEDNESDAY

#### On the side...

Vegetables of the Day

#### For dessert...

(v,h) Homemade Iced Sponge  
(v) Organic Yoghurt or Fresh Fruit

### Main meal...

(h) Organic Minced Beef Pie with a Puff Pastry Top, Gravy, Creamy Mash or Crispy Potatoes

(v,h) Homemade Rustic Cheese & Tomato Pizza, Crispy Potatoes

### THURSDAY

#### On the side...

Vegetables of the Day

#### For dessert...

Jelly with Fruits in Juice  
(v,h) Homemade Tempting Triangle crunchy oatly biscuit with cherries  
(v) Organic Yoghurt or Fresh Fruit

### Main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes

(v,h) Quorn Korma with Wholegrain Rice

### FRIDAY

#### On the side...

Peas  
Baked Beans

#### For dessert...

(v,h) Homemade Chocolate Cracknel  
(v) Organic Yoghurt or Fresh Fruit

(v) Vegetarian Option (h) Homemade (msc) Certified Sustainable Seafood