





Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Spaghetti Bolognese Choose from fresh mince beef or veggie mince cooked with onions, garlic, tomatoes, mushrooms, and herbs then served on bed of spaghetti</p>	<p>Chicken Goujons Pieces of fresh chicken strips coated in homemade breadcrumbs and baked in the oven until golden served with new potatoes</p>	<p>Sausages & Mash Choose from a fresh butcher's sausage or a Quorn sausage served with homemade mashed potatoes and gravy</p>	<p>Chilli Nachos Choose from either veggie mince or fresh minced beef cooked with onions, tomatoes, peppers, red kidney beans, mild chilli powder and stock, then topped with tortilla chips and cheese and baked in the oven and served with rice</p>	<p>Fish 'Fry-day' Choose from a battered cod fillet, breaded cod fillet fingers or simply a salmon fillet, all baked in the oven & served with chips</p>
Served with				
Broccoli	Sweetcorn	Peas	Green Beans	Peas or Baked Beans
or				
<p>Jacket potatoes & Panini's served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available)</p>				
or				
<p>Deli Bar - Available Everyday Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
  				
And for dessert				
Flapjack	Iced Biscuit	Chocolate Orange Cake	Ice Cream	Victoria Sponge
Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
And Finally a drink				
<p>A selection of the following drinks will be available daily freshly made milkshakes - chocolate, strawberry or banana, fresh fruit juice – apple or orange or water.</p>				






Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pizza Day A selection of homemade pizza, choose from: Cheese & Tomato, Ham & Pineapple or Pepperoni served with croquette potatoes</p>	<p>Oriental Chicken Strips of beef stir fried with onions, carrots, broccoli, garlic, soy sauce and stock served on a bed of noodles</p>	<p>Hot Dogs Choose from a butcher's quality sausage or veggie sausage baked in the oven and served in a roll</p>	<p>Scouse Chunks of beef and lamb slowly cooked with onions, carrots, potatoes, swede, leeks, and stock, served with crusty bread</p>	<p>Fish 'Fry-day' Choose from a battered cod fillet, breaded cod fillet fingers or a homemade salmon fishcake, all baked in the oven & served with chips</p>
Served with				
Sweetcorn	Broccoli	Mini Corn Cobs	Beetroot	Peas or Baked Beans
or				
<p>Jacket potatoes & Panini's served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available)</p>				
or				
<p>Deli Bar - Available Everyday Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
				
And for dessert				
Home Baked Cookies	Raspberry Sponge & Custard	Muffins	Chocolate Brownie	Arctic Roll
Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
And Finally a drink				
<p>A selection of the following drinks will be available daily freshly made milkshakes - chocolate, strawberry or banana, fresh fruit juice – apple or orange or water.</p>				



Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Creamy Chicken Curry Pieces of fresh chicken cooked with onions, garlic, ground coriander, cumin, ground ginger, turmeric and coconut milk and served on a bed of rice (Quorn pieces are available for vegetarian option)</p>	<p>Burger Day Choose from a homemade beef burger or a spicy bean burger served on bun with homemade potato wedges</p>	<p>Pasta Bar Select your pasta, then your sauce and finish with your choice of toppings. Choose from. Sauces - cheese sauce or bolognaise Toppings – ham, turkey, tuna, cheese, sweetcorn, mushrooms, peppers, red onion</p>	<p>Cottage Pie Fresh minced beef cooked with onions, carrots and beef stock and topped with creamy mashed potato and baked in the oven</p>	<p>Fish 'Fry-day' Choose from a battered cod fillet, breaded cod fillet fingers or simply a salmon fillet, all baked in the oven & served with chips</p>
Served with				
Green Beans	Peas	Sweetcorn	Broccoli	Peas and Baked Beans
or				
<p>Jacket potatoes & Panini's served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available)</p>				
or				
<p>Deli Bar - Available Everyday Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
  				
And for dessert				
Chocolate & Cherry Cake	Jammy Doughnut	Frosted Cake	Ice Cream	Homemade Shortbread
<p>Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.</p>				
And Finally a drink				
<p>A selection of the following drinks will be available daily freshly made milkshakes - chocolate, strawberry or banana, fresh fruit juice – apple or orange or water.</p>				

