



WEEK ONE MENU – WEEK COMMENCING 3RD SEPT, 24TH SEPT, 15TH OCT 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
RED OPTION	Beef Burger in a Bun Potato Wedges	Gammon Steak With Pineapple Diced Potato	Roast Beef With Yorkshire Pudding Roast Potatoes or Wholemeal Pasta	Creamy Chicken Curry Rice	Battered Fish Fillet Low Fat Chips or Pasta
YELLOW OPTION	(V) Vegetarian Bolognaise Wholemeal Pasta	(V) Jacket Potato With Cheese	(V) Savoury Quiche Roast Potatoes or Wholemeal Pasta	(V) Quorn Nuggets Potato Wedges	(V) Cheese and Tomato Pizza Low Fat Chips or Pasta
GREEN OPTION	Tuna Baguette Or filling of the day	Chicken Roll Or filling of the day	Cheese Baguette Or filling of the day	Ham Roll Or filling of the day	Egg Roll Or filling of the day
All served with seasonal vegetables or a choice from a selection of salad bowls & Freshly Baked Bread					
<i>Followed by a Choice of</i>	Dessert of the Day	Fresh Fruit	Yoghurt	Fruit Jelly	Cheese & Biscuits

WEEK TWO MENU – WEEK COMMENCING 10TH SEPT, 1ST OCT, 22ND OCT 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
RED OPTION	BBQ Chicken Wrap Potato Wedges	Lasagne Wholemeal Garlic Bread	Roast Pork With Apple Sauce Roast Potatoes or Pasta	Traditional Chicken Pie Creamed Potatoes	Fishcake Low Fat Chips or Pasta
YELLOW OPTION	(V) Jacket Potato With Beans	(V) Cheese Pinwheel Diced Potato	(V) Roasted Quorn Fillet Roast Potatoes or Pasta	(V) Vegetarian Hot Dog Potato Wedges	(V) Cheese and Tomato Pizza Low Fat Chips or Pasta
GREEN OPTION	Tuna Baguette Or filling of the day	Chicken Roll Or filling of the day	Cheese Baguette Or filling of the day	Ham Roll Or filling of the day	Egg Roll Or filling of the day
All served with seasonal vegetables or a choice from a selection of salad bowls & Freshly Baked Bread					
<i>Followed by a choice of</i>	Dessert of the Day	Fresh Fruit	Yoghurt	Fruit Jelly	Cheese & Biscuits

WEEK THREE MENU – WEEK COMMENCING 17TH SEPT, 8TH OCT 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
RED OPTION	Sausages With Onion Gravy Creamed Potatoes	Lamb Steaklette Diced Potato	Roast Chicken With Sage & Onion Stuffing Roast Potatoes or Wholemeal Pasta	Beef Bolognaise Wholemeal Pasta	Fish Fingers Low Fat Chips or Pasta
YELLOW OPTION	(V) Creamy Vegetable Slice Potato Wedges	(V) Macaroni Cheese Wholemeal Garlic Bread	(V) Sticky Vegetarian Sausages Roast Potatoes or Wholemeal Pasta	(V) Southern Style Quorn Grill Diced Potato	(V) Cheese and Tomato Pizza Low Fat Chips or Pasta
GREEN OPTION	Tuna Baguette Or filling of the day	Chicken Roll Or filling of the day	Cheese Baguette Or filling of the day	Ham Roll Or filling of the day	Egg Roll Or filling of the day
All served with seasonal vegetables or a choice from a selection of salad bowls & Freshly Baked Bread					
<i>Followed by a choice of</i>	Dessert of the Day	Fresh Fruit	Yoghurt	Fruit Jelly	Cheese & Biscuits