



Week commencing: Monday 3<sup>rd</sup> October 2022 – 03/10/2022

| Day       | Breakfast   | Soup                        | Midday Meal   | Tea   | Supper           |
|-----------|---|-----------------------------|---|---|------------------|
| Monday    |    | Tomato and basil            | Gammon steaks, pineapple, roast new potatoes, carrots and tender stem broccoli<br><br>Veggie curry (v)<br><br>Rhubarb crumble and custard | Taco's with mince beef chilli topped with cheese sauce<br><br>Shortbread rounds       | Toast and drinks |
| Tuesday   | Cereals<br>Chocolate brioche<br>Scrambled eggs and beans<br>Yoghurts<br>Fruit juice | Sweet potato and red pepper | Lamb Balti, rice, poppadums, naan bread, asparagus and sweetcorn<br><br>Salmon fillets<br><br>Muesli krispie                              | Chicken enchiladas with salad<br><br>Mandarin sponge and custard                      | Toast and drinks |
| Wednesday | Cereals<br>Fruit smoothies<br>Scrambled eggs and beans<br>Yoghurts<br>Fruit juice   | Curried carrot and apple    | Roast beef, Yorkshire puddings, roast potatoes, carrots and cauliflower<br><br>Stuffed peppers (v)<br><br>Berry sponge and fromage frais  | Fish fingers, beans and homemade wedges<br><br>Chocolate mint slice                   | Toast and drinks |
| Thursday  | Cereals<br>Mixed pastries<br>Scrambled eggs and beans<br>Yoghurts<br>Fruit juice    | Lentil soup                 | Piri Piri chicken, roasted veg savoury rice and green beans<br><br>Veggie frittatas (v)<br><br>Victoria sponge with jam and cream         | Pork steaks in BBQ sauce, new potatoes and roasted veg<br><br>Marmalade flapjack      | Toast and drinks |
| Friday    | Cereals<br>Full English<br>Yoghurts<br>Fruit juice                                  |                             | Fish, chips, beans, peas and tartare sauce<br><br>Scampi<br><br>Rocky road  |  |                  |

All meals offer seasonal vegetables, salad bar, fresh fruit, jacket potatoes, fresh bread and yogurts  
(g) gluten free (v) vegetarian (d) dairy free