



Week commencing: Monday 25<sup>th</sup> September 2023 ~ 25/09/2023

Day	Breakfast	Soup	Midday Meal	Tea	Supper
Monday			Pasta bolognese with garlic and rosemary focaccia bread  Veggie sausage with onion gravy, baby potatoes and tomatoes (v)  Orange sponge and custard	Cottage pie, peas and carrots  Strawberry mousse	Toast and drinks
Tuesday	Sausages Scrambled eggs and beans Fruit juice Yoghurts	Tomato (V) (G) (D)	Pork casserole with herb dumplings, mashed potato, broccoli and carrots  Gino's roasted squash with chilli and sage crumb (V) (D)  Bakewell tart and cream	Southern fried chicken with savoury rice and sweetcorn  Victoria sponge	Toast and drinks
Wednesday	Poached eggs Scrambled eggs and beans Fruit juice Yoghurts		Roast lamb, mint sauce, roast potatoes, cauliflower cheese and carrots  Vegetable spring rolls with curry sauce  Sticky toffee pudding with cream	Chicken madras, rice and poppadums  Rice pudding	Toast and drinks
Thursday	American pancakes with maple syrup Scrambled eggs and beans Fruit juice Yoghurts	Mushroom (G) (V)	Steak and mushroom pie with boiled potatoes, garden peas and sweetcorn  Roasted cauliflower steak (D) (V)  Tottenham cake	Chinese chicken curry, rice and prawn crackers  Cookies and ice cream	Toast and drinks
Friday	Full English Fruit juice Yoghurts		Fish, chips, peas, beans, tartare sauce and curry sauce  Prawn and chorizo risotto  Apricot and cranberry flapjack		

Meals will be served with seasonal vegetables, jacket potatoes, salad bar, fresh fruit and yoghurt  
Homemade soup with fresh baked bread served at lunchtimes  
(g) gluten free (v) vegetarian (d) dairy free