



Week Commencing: 1st July 2019 – 01/07/2019

<i>Day</i>	<i>Breakfast</i>	<i>Quiche</i>	<i>Midday Meal</i>	<i>Tea</i>	<i>Supper</i>
Monday		Lentil quiche	Chicken Lasagne, garlic bread, green beans and sweetcorn Cheese and tomato pasta bake (v) Lemon roly poly and custard	Belly pork strips, BBQ sauce, wedges and beans Ginger sponge and cream	Toast and drinks
Tuesday	Cereal Hash browns Scrambled eggs and beans Yoghurts Fruit juice	Asparagus quiche	Beef chilli, rice, nachos, sweet potatoes and peas Baked aubergine with mozzarella, tomato and courgette (v) Chocolate and beetroot brownie	Salmon fillets, peas and new potatoes Cheese cake	Toast and drinks
Wednesday	Cereals Crumpets Scrambled eggs and beans Yoghurts Fruit juice	Mediterranean roasted vegetable quiche	Roast pork, roast potatoes, stuffing, apple sauce, carrots and green beans Veggie fingers (v) Belgian waffles, strawberries and cream	Slow cooked Beef Rogan Josh, rice, naan, poppadums, raita and mango chutney Cherry crumble	Toast and drinks
Thursday	Cereals Fruit teacakes Scrambled eggs and beans Yoghurts Fruit juice	Cheese and onion quiche	Ham and mushroom tagliatelle with garlic bread Gnocchi with mushrooms and blue cheese (v) Banoffee pie	Southern fried chicken, new potatoes and peas Flapjack	Toast and drinks
Friday	Cereals Full English Yoghurts Fruit juice	Cheese and tomato quiche	Fish, chips, peas, beans and tartare sauce Homemade pizzas (v) Victoria sandwich		Toast and drinks

Meals will be served with Seasonal Vegetables, Salad Bar, Fresh Fruit & Yogurt.

Home-made soup with fresh baked bread served at lunchtime.

(g) gluten free (v) vegetarian (d) dairy free