

Week Commencing 01.10.2018 1st October 2018

<i>Day</i>	<i>Breakfast</i>	<i>Soup</i>	<i>Midday Meal</i>	<i>Tea</i>	<i>Supper</i>
Monday		Mushroom soup (v)	Sweet & sour pork with rice and prawn crackers Spinach and ricotta lasagne, green beans and carrots (V) Black cherry crumble and custard	Homemade pizzas, fries and salad Jelly & ice-cream	Toast and drinks
Tuesday	Cereals Cheese croissants Scrambled eggs and beans Yoghurt and fruit Juice	Tomato & basil (v)	Fish pie, peas and sweetcorn Red lentil curry with rice (v) Lemon meringue pie	Southern fried chicken, pasta & tomato sauce Carrot cake	Toast and drinks
Wednesday	Cereals Sausage sandwiches Scrambled eggs and beans Yoghurts and fruit juice	Sweet potato and parsnip (v)	Roast beef & Yorkshire puddings, roast potatoes, green beans, roast squash Stuffed mushrooms with blue cheese Cupcakes	Make your own chilli tacos with sour cream and salsa, salad, peppers, tomato & cucumber Pancakes with maple syrup	Toast and drinks
Thursday	Cereals Egg bread Fried eggs & beans Yoghurts and fruit Juice	Minestrone (v)	Chicken Kiev's, ratatouille, potato wedges Butternut chilli with potato wedges & garlic bread (v) Waffles with blueberry compote, Greek yoghurt and honey drizzle	Pork Steaks with mash, onion gravy, carrots and broccoli Chocolate mousse	Toast and drinks
Friday	Cereals Full English Yoghurts and fruit juice		Fish, chips, mushy peas and beans Cheese and onion pasties Scones with jam and cream.		

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

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