



Week commencing: Monday 3<sup>rd</sup> July 2023 – 03/07/2023

Day	Breakfast	Soup	Midday Meal	Tea	Supper
Monday			Chilli con carne, rice and nachos  Mixed bean hotpot with parmesan and herb crust, green beans and sweetcorn  Chocolate sponge and chocolate custard	Fish fingers, baked beans and wedges  Flapjack	Toast and drinks
Tuesday	Croissants Scrambled eggs and beans Fruit juice Yoghurts	Leek and potato (v)	Oven baked salmon with sweet chilli sauce, baby potatoes, baby sweetcorn and peas  Puttanesca baked gnocchi  Tiffin	Chinese chicken curry, rice and prawn crackers  Cookies and ice cream	Toast and drinks
Wednesday	Overnight oats Scrambled eggs and beans Fruit juice Yoghurts		Honey roast gammon, roast potatoes, cauliflower cheese, carrot and swede mash  Leek and mushroom risotto  Raspberry trifle	Beef in red wine sauce with mashed potato and peas  Scones with jam and cream	Toast and drinks
Thursday	Potato waffles Scrambled eggs and beans Fruit juice Yoghurts	Carrot and lentil (v)	Chicken, leek and ham pie with colcannon, baton carrots and kale  Spicy vegetable tacos with salsa, sour cream and guacamole  Ginger sponge and caramel sauce	Paella and crusty bread  Cranberry muffins	Toast and drinks
Friday	Full English Fruit juice Yoghurts		Fish, chips, peas, beans, tartare sauce and curry sauce  Scampi  Rocky road		

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