

Week Commencing: 4th February 2019 - 04/02/2019

<i>Day</i>	<i>Breakfast</i>	<i>Soup</i>	<i>Midday Meal</i>	<i>Tea</i>	<i>Supper</i>
Monday		Mushroom (v)	Pork steaks, new roast potatoes, gravy, carrots and peas Cheese and red pepper frittata (v) Apple and blackcurrant crumble and custard	Chicken enchiladas and sweet potato wedges Apricot slice and cream	Toast and drinks
Tuesday	Cereals Sweet waffles Scrambled eggs and beans Yoghurts Juice	Tomato and basil (v)	Mince, Yorkshire puddings, mash, cauliflower and green beans Salmon fish cakes Ice buns	Homemade pizza, wedges and beans Jam sponge and custard	Toast and drinks
Wednesday	Cereals Scotch pancakes Scrambled eggs and beans Yoghurts Juice	Minted pea (v)	Roast chicken, roast potatoes, stuffing, carrots and cabbage Lentil curry (v) Lemon sponge and custard	Salmon fish fingers, new potatoes, sweetcorn and peas Shortbread	Toast and drinks
Thursday	Cereals Cheese and bacon Croissants Scrambled eggs and beans Yoghurts Juice	Red pepper and butternut squash	Chinese New Year Mixed Chinese starters Beef in black bean sauce, noodles and prawn crackers Cheese and tomato pasta Cranberry and apricot flapjack	Lamb Balti, rice and naan Ginger sponge and custard	Toast and drinks
Friday	Cereals Full English Yoghurts Juice		Fish, chips, mushy peas and tartare sauce Southern fried chicken Chocolate tiffin		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