



Week Commencing: 8th July 2019 – 08/07/2019

<i>Day</i>	<i>Breakfast</i>	<i>Quiche</i>	<i>Midday Meal</i>	<i>Tea</i>	<i>Supper</i>
Monday		Sundried tomato quiche	Sausage, mash and beans Stuffed mushrooms (v) Orange drizzle cake	Chicken burgers, wedges and sweetcorn Peach crumble and cream	Toast and drinks
Tuesday	Cereals Cheese on toast Scrambled eggs and beans	Cheese and onion quiche	Pasta bolognaise, sweetcorn cobs and carrots Veggie Dhamsak (v) Raspberry cream turnovers	Thai green chicken curry, rice and Thai crackers Chocolate krispies	Toast and drinks
Wednesday	Cereals Pancakes Scrambled eggs and beans Yoghurts Fruit juice	Salmon and broccoli quiche	Gammon, roast potatoes, carrots, cabbage and mustard sauce Tuna and broccoli bake Key lime pie	Meatballs in tomato pasta and garlic bread Magnums	Toast and drinks
Thursday	Cereals Eggy bread Scrambled eggs and beans Yoghurts Fruit juice	Red pepper quiche	Chicken and chorizo jambalaya and roasted vegetables Salmon fishcakes Arctic Roll fruit salad and ice cream	Fish fingers ciabatta Rocket salad	Toast and drinks
Friday	Cereals Full English Yoghurts Fruit juice	Cheese scones	Fish, chips, peas, beans and tartare sauce Sausage rolls Mars bar krispie		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