



Week Commencing 08.10.2018 – 8th October 2018

<i>Day</i>	<i>Breakfast</i>	<i>Soup</i>	<i>Midday Meal</i>	<i>Tea</i>	<i>Supper</i>
Monday		Leek & potato (v)	Deconstructed chicken and mushroom pie, mashed potatoes, green beans and carrots Spinach, sweet potato and lentil dhal with rice (v) Paris sandwich & raspberry sauce	Tuna pasta bake sweetcorn & peas Apple pie & ice-cream	Toast and drinks
Tuesday	Cereals Cheese on toast Scrambled eggs and beans Yoghurt and fruit juice	Mushroom (v)	Chilli beef & cornbread dumplings, broccoli and new potatoes Vegetarian shepherd's pie with sweet potato topping. Carrot cake	Chicken & black bean sauce, noodles, prawn crackers, stir fry veg. Doughnuts	Toast and drinks
Wednesday	Cereals Potato waffles Scrambled eggs and beans Yoghurts and fruit juice	Squash & red pepper (v)	Roast chicken, roast potatoes, sautéed leeks, bacon & mushroom, carrots and homemade stuffing Squash & sage risotto Mars bar krispies	Shepherd's pie and peas Autumn fruit crumble & custard	Toast and drinks
Thursday	Cereals Bacon baps Fried eggs & beans Yoghurts and fruit juice	Spicy lentil (v)	Rigatoni sausage bake, pasta, roast squash and peas Veggie sweet and sour noodles Treacle sponge & custard	Omelettes – mixed potato fries and beans Chocolate chip shortbread	Toast and drinks
Friday	Cereals Full English Yoghurts and fruit Juice		Fish & Chips, mushy peas and beans Cheese and red pepper frittata Chocolate mint slice		

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

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