



Week Commencing: 9th September 2019 – 09/09/2019

<i>Day</i>	<i>Breakfast</i>	<i>Soup</i>	<i>Midday Meal</i>	<i>Tea</i>	<i>Supper</i>
Monday		Tomato and basil soup	Pasta Bolognese, garlic bread, green beans and carrots Salmon fillets Coconut and jam sponge with custard	Make your own chicken fajitas, fries and salad Meringues with fresh fruit salad	Toast and drinks
Tuesday	Hash browns Scrambled eggs Fruit juice Yoghurts	Courgette soup	Pork casserole, mash, cabbage and cauliflower Veggie Dhansak (v) Strawberry cheesecake	Ham carbonara and garlic bread Chocolate fudge cake	Toast and drinks
Wednesday	Ham and cheese croissants Scrambled eggs and beans Fruit juice Yoghurts	Butternut squash and red pepper soup	Roast lamb, roast potatoes, carrots, peas and cabbage Veggie frittata (v) Cream meringues and fruit salad	Chicken stir fry, prawn stir fry and prawn crackers Bakewell tart and cream	Toast and drinks
Thursday	Pancakes Scrambled eggs and beans Fruit juice Yoghurts	Mushroom soup	Tandoori chicken, rice, onion bhaji, poppadums, roast sweet potato and sweetcorn Cheese and tomato pasta Muesli bar	Jacket potatoes and fillings Treacle sponge and custard	Toast and drinks
Friday	Full English Fruit juice Yoghurts	Quiche	Fish, chips, peas and beans Southern fried chicken Muffins		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