



Week commencing: 10th October 2022 ~ 10/10/2022

Day	Breakfast	Soup	Midday Meal	Tea	Supper
Monday		Cream of tomato (v)	Beef in red wine and shallot sauce, new potatoes, green beans and carrots Macaroni cheese (v) Pineapple upside down cake and custard	Fishfinger ciabatta sandwiches, rocket salad and fries Cherry crumble and cream	Toast and drinks
Tuesday	Cereals Crumpets Scrambled eggs and beans Fruit juice Yoghurts	Mushroom (v)	Sausages, mashed potatoes, broccoli and baby sweetcorn Spinach and ricotta lasagne (v) Jam Roly Poly and custard	Pork casserole in a large Yorkshire pudding and carrots Orange drizzle cake	Toast and drinks
Wednesday	Cereals Sweet waffles, fruit compote and Greek yoghurt Scrambled eggs and beans Fruit juice Yoghurts	Butternut squash and red pepper (v)	Roast turkey, roast potatoes, carrots, peas and stuffing Sweet potato curry (v) Blueberry flapjack	Thai green chicken curry, rice and Thai crackers Rice pudding	Toast and drinks
Thursday	Cereals Cheese croissants Scrambled eggs and beans Fruit juice Yoghurts	Red lentil, chickpea and chilli (v)	Chicken Chow Mein, corn on the cob and spring rolls Fish cakes Cornflake tart and cream	Steak, homemade potato wedges, mushrooms and onion rings Buttered jam scones	Toast and drinks
Friday	Cereal Full English Fruit juice Yoghurts		Fish, chips, peas, beans and tartare sauce Southern fried chicken Iced lemon muffins		

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