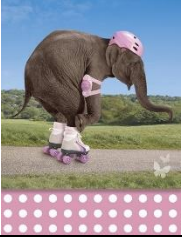



Week commencing: Monday 13th March 2023 ~ 13/03/2023

Day	Breakfast	Soup	Midday Meal	Tea	Supper
Monday		Cream of tomato (v)	Bacon chops with wholegrain mustard sauce, new potatoes, carrots and peas Macaroni cheese with parmesan crust (v) Tottenham cake	Minced beef with Yorkshire pudding and cabbage Treacle sponge and custard	Toast and drinks
Tuesday	Cheese on Toast Scrambled eggs and beans Fruit juice Yoghurts	Spicy parsnip (v)	Beef lasagne, broccoli, baby sweetcorn and roast new potatoes Salmon pasta with creamy garlic sauce Rocky road	Fish fingers with chips and beans Fruit scone	Toast and drinks
Wednesday	Sweet waffles and fruit compote Scrambled eggs and beans Fruit juice Yoghurts	Yellow split peas (v)	Roast pork, roast potatoes, cauliflower cheese, carrots and apple sauce Veggie chilli (v) Banoffee pie	Sausage, mashed potato and gravy Iced lemon sponge	Toast and drinks
Thursday	Overnight oats Scrambled eggs and beans Fruit juice Yoghurts	Broccoli and stilton (v)	Chicken breast in Cajun spice with savoury rice and roasted root vegetables Caponata style ratatouille (Sicilian sweet and sour version) (v) Chocolate and pear sponge and custard	Steak pie, homemade wedges and vegetable medley Meringues with berries and ice cream	Toast and drinks
Friday	Full English Fruit juice Yoghurts		Fish, chips, peas, beans and tartare sauce Cheese pasties (v) After Eight brownies		

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