




Week Commencing 15.10.18 – 15th October 2018

Day	Breakfast	Soup	Midday Meal	Tea	Supper
Monday		Tomato and basil (v)	Chilli and rice Veggie sweet and sour with noodles (v) Cranberry and apricot flapjack	Chicken and ham carbonara, roast vegetables and garlic bread Jam and cream Swiss roll	Toast and drinks
Tuesday	Cereals Sausage baps Scrambled eggs and beans Yoghurt and fruit juice	Squash and red pepper soup (v)	Jerk Chicken, rice and peas, carrots  Mushroom risotto (v) Caribbean bread and butter pudding	Salmon fishcakes, fries, peas & sweetcorn Muesli bar	Toast and drinks
Wednesday	Cereals Pancakes and crispy bacon Scrambled eggs and beans Yoghurts and fruit juice	Courgette and mascarpone soup (v)	Roast ham, cauliflower cheese, roast squash and roast potatoes Coconut & squash damask with rice (v) Cornflake tart and custard	Beef burgers in a bun, (veggie burgers) wedges, coleslaw Arctic Roll	Toast and drinks
Thursday	Cereals Potato waffles Scrambled eggs and beans Yoghurts and fruit juice	Vegetable soup (v)	Cottage pie, cabbage and carrots Cheese and tomato pasta (v) Ginger sponge and cream	Chicken curry, rice, naan bread. Homemade chocolate pots and shortbread fingers	Toast and drinks
Friday	Cereals Full English Yoghurts and fruit juice		Fish & chips, mushy peas and beans Pizzas Choc chip shortbread		

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

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