



Week Commencing 19.11.18 19th November 2018

Day	Breakfast	Soup	Midday Meal	Tea	Supper
Monday		Red pepper and butternut squash soup (v)	Sausages in onion gravy, carrots and peas Vegetable Hot Pot Chocolate and pineapple cake	Poached salmon fillets, carrots, sweetcorn and new potatoes Bakewell tart	Toast and drinks
Tuesday	Cereals Bacon butties Scrambled eggs and beans Yoghurt and fruit juice	Cream of tomato soup (v)	Pork casserole and dumplings Salmon fish cakes, roast vegetables and new potatoes Mixed fruit sponge and custard	Pizzas with wedges and beans Peppermint slice	Toast and drinks
Wednesday	Cereals Eggy bread Scrambled eggs and beans Yoghurts and fruit juice	Minestrone soup (v)	Roast lamb with cabbage, broccoli and roasted sweet potatoes Lentil curry Cherry shortbread	Chicken Tikka Masala with rice and naan bread and sauces Apricot slice and custard	Toast and drinks
Thursday	Cereals Potato waffles Scrambled eggs and beans Yoghurts and fruit juice	Spicy parsnip soup (v)	Beef lasagne, green beans and carrots Aubergine and chick pea Dhansak Lemon sponge and cream	Chicken and leek pie, mash, gravy, carrots and peas Muesli crunch	Toast and drinks
Friday	Cereals Full English Yoghurts and fruit juice		Fish and chips, mushy peas and beans Scampi White chocolate brownie		

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

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