



Week commencing: Monday 20th March 2023 ~ 20/03/2023

| Day | Breakfast | Soup | Midday Meal | Tea | Supper |
|-----------|---|------------------|---|--|------------------|
| Monday |  | Minted pea (v) | Chinese chicken and prawn curry with egg fried rice and crackers Veggie sausage (v) Orange sponge and custard | Homemade meatballs in tomato sauce and pasta Rhubarb and ginger crumble and ice cream | Toast and drinks |
| Tuesday | Sausage Scrambled eggs and beans Fruit juice Yoghurts | Minestrone (v) | Beef red wine sauce with a suet crust, new potatoes, kale and carrots Salmon and vegetable moussaka (v) Raspberry crumble squares | Pizza, wedges and baked beans Caramel shortbread | Toast and drinks |
| Wednesday | Overnight oats Scrambled eggs and beans Fruit juice Yoghurts | French onion (v) | Roast turkey, roast potatoes, carrots, tender stem broccoli and stuffing Lentil curry (v) Butterfly cakes | Beef chilli and rice Rice pudding | Toast and drinks |
| Thursday | Fruit smoothie Scrambled eggs and beans Fruit juice Yoghurts | Hearty pasta (v) | Steak and mushroom pie, mashed potato, savoy cabbage and carrots Roasted cauliflower steak (v) Eve's pudding and custard | Gammon steak, French fries and sweetcorn Cookies and ice cream | Toast and drinks |
| Friday | Full English Fruit juice Yoghurts | | Fish, chips, peas, beans and tartare sauce Southern fried chicken Apricot and cranberry flapjack |  | |

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