



Week Commencing 17/10/16

Day	Breakfast	Midday Meal	Tea	Supper
Monday		Pork Steaks in onion gravy Cheese and tomato Pasta Rice Pudding	Cottage Pie with peas and gravy Mandarin Crumble	Toast and drinks
Tuesday	Cereals Eggy Bread Scrambled Eggs and Beans Yoghurts and Fruit Juice	Tuna Pasta Bake Mushroom risotto Key Lime Pie	Fish Squares with beans and wedges Caramel Shortbread	Toast and drinks
Wednesday	Cereals Potato Waffles Scrambled Eggs and Beans Yoghurts and Fruit Juice	Roast Beef With Yorkshire Puds and vegetables Vegetable Chilli Australian Crunch	Chicken Fajitas with spicy rice Ginger Sponge with custard	Toast and drinks
Thursday	Cereals Pancakes Scrambled Eggs and Beans Yoghurts and Fruit Juice	Chicken Curry with rice and naan Macaroni Cheese Toffee Apples	Fish Pie With peas and carrots trifle	Toast and drinks
Friday	Cereals Full English Scrambled Eggs and Beans Yoghurts and Fruit Juice	Fish and Chips With Mushy Peas and Beans Cheese and onion rolls Chocolate orange muffins		Toast and drinks

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

Home-made soup with fresh baked bread served at lunchtime.

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

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