



THIS WEEK'S MENU

Week commencing 22 January 2018



Monday

Tuesday

Wednesday

Thursday

Friday

Main Course

Cottage Pie (beef)



All Day Breakfast
(pork sausages,
omelette , bacon)



Roast Chicken with
Stuffing and Gravy

Spaghetti Bolognese
(lamb)

Cod Fish Fingers with
Tomato Sauce



Vegetarian Choice

Vegetable Pie with
Potato Topping

Quorn Sausages



Quorn Fillet



Quorn Bolognese



Cheese and Tomato
Pizza

Potatoes Vegetables

Cabbage



Hash Browns
Baked Beans



Roast Potatoes
Broccoli and Carrots

Spaghetti
Sweetcorn

Steak Cut Chips
Peas

Sweet Treat

Assorted
Cheesecake



Cherry Shortcake

Oaty Blueberry
Cookies



Chocolate Sponge with
Chocolate Sauce



Jelly and Ice Cream



A selection of freshly prepared salads, jacket potatoes, fruit and yogurts available daily



Billy Bean counts toward your recommended "five a day" fruit or vegetables.



Ollie Olive indicates zero or reduced saturated fats using polyunsaturated fats instead.



Susie Satsuma indicates a reduction in refined sugar using alternative sweeteners.



Holly Heart shows that no salt has been added during cooking.



Timmy Treat should be eaten in moderation he indicates food that may be high in saturated fat or processed sugar.