



# THIS WEEK'S MENU

WEEK COMMENCING  
8 OCTOBER 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	CHEESY TUNA PASTA BAKE	CHICKEN & MUSHROOM PIE	ROAST BEEF WITH YORKSHIRE PUDDING & GRAVY	TRADITIONAL LAMB SHEPHERDS PIE	BATTERED COD FILLET WITH LEMON WEDGES
VEGETARIAN	VEGETABLE CARBONARA	VEGETABLE PIE	STUFFED PEPPERS WITH COUS COUS & COURGETTE	ROASTED VEGETABLE COTTAGE PIE	TOMATO, BASIL & MOZZARELLA PIZZA BREAD
POTATOES/RICE/PASTA	GARLIC BREAD	CREAMY MASHED POTATO	ROAST POTATOES		STEAK CUT CHIPS
VEGETABLES	GREEN SALAD	CARROTS & SWEETCORN	ROASTED ROOT VEGETABLES & PEAS	SAVOY CABBAGE & LEEKS	BAKED BEANS
JACKET POTATO	JACKET POTATOES SERVED WITH A CHOICE OF TUNA, CHEESE & HOT JACKET FILLING OF THE DAY				
SALAD BAR	A SELECTION OF SEASONAL SALADS AVAILABLE ON THE JACKET POTATO BAR				
FRUIT	DAILY SELECTION OF YOGHURT, FRESH SLICED FRUITS OR CHEESE & BISCUITS				
DESSERT	FRUITS OF THE FOREST CRUMBLE WITH CUSTARD	JELLY & ICE CREAM	FRUIT FLAPJACK	LEMON MERINGUE PIE	OATY CHOCOLATE COOKIES