

MONDAY

Main Meals

Spiced Jerk Chicken Thigh

Beef Bolognese Fusilli Bake, Freshly Made Parsley & Garlic Bread

Rich Tomato Pasta Sauce, Freshly Made Parsley & Garlic Bread

Potatoes & Vegetables

Traditional Jamaican Rice & Peas

Sweetcorn

Mixed Salad

Coleslaw

Snacks

Baked Jacket Potato with a Selection of Fillings

A Selection of Snack Pots

Hot & Cold Desserts

Fruity Feast Flapjack

A Selection of Fresh Fruit Pots

TUESDAY

Main Meals

Pork Sausages in Red Onion Gravy

Indian Burrito Chicken Tikka & Spinach

Glamorgan Vegetarian Sausage

Potatoes & Vegetables

Creamy Mash Potato

Garden Peas

Fresh Glazed Carrots

Snacks

Baked Jacket Potato with a Selection of Fillings

A Selection of Snack Pots

Hot & Cold Desserts

Carrot & Apple Muffin with Custard Sauce

A Selection of Fresh Fruit Pots

WEDNESDAY

Main Meals

Roast Chicken Leg, Stuffing & Gravy, Roast Beef, Yorkshire Pudding & Gravy, Roast Turkey, Sage & Onion Stuffing & Gravy, Roast Lion of Pork, Roast Gammon

Sweet & Sour Chicken

Roast Quorn Fillets with Gravy

Potatoes & Vegetables

Roasted Potatoes

Fresh Curly Kale

Roasted Winter Vegetables

Noodles

Snacks

Baked Jacket Potato with a Selection of Fillings

A Selection of Snack Pots

Hot & Cold Desserts

Pineapple Upside Down Cake with Custard Sauce

A Selection of Fresh Fruit Pots

THURSDAY

Main Meals

Chicken & Sweetcorn Pie

Really Sticky Ribs

Quorn Burger, Bun & Salad

Potatoes & Vegetables

New Potatoes

Fresh Roasted Carrots

Whole Green Beans

Savoury Rice

Boiled Half Corn on the Cob

Warm New Potato Salad

Mixed Salad

Snacks

Baked Jacket Potato with a Selection of Fillings

A Selection of Snack Pots

Hot & Cold Desserts

Chocolate Cornflake Crunch

A Selection of Fresh Fruit Pots

FRIDAY

Main Meals

Oven Baked Breaded Pollack
Freshly Battered Hoki, Grilled Hoki & Parsley Butter, Fish Fingers

Cheese & Tomato Omelette

Spicy Bean Burger

Potatoes & Vegetables

Oven Baked Chips

Garden Peas

Mushy Peas

Baked Beans

Mixed Salad

Snacks

Baked Jacket Potato with a Selection of Fillings
A Selection of Snack Pots

Hot & Cold Desserts

Neapolitan Ice Cream Slice
A Selection of Fresh Fruit Pots