

Monday 9 th September 2019	Tuesday 10 th September 2019	Wednesday 11 th September 2019	Thursday 12 th September 2019
MEAT FREE MONDAY			
Lunch	Lunch	Lunch	Lunch
Homemade Spinach and Lentil Soup	Homemade Sweetcorn Soup	Homemade Leek and potato Soup	Homemade Roasted butternut squash Soup
Vegetable Lasagne and garlic bread	Chinese marinated Chicken or Vegetable spring roll	Pork Steak with mushroom sauce or gravy, Sauté potatoes and vegetables	Spaghetti Bolognese or Quorn Bolognese
Pasta with tomato sauce	Noodles, rice, stir fry vegetables and Prawn crackers	Pasta with tomato sauce	With garlic bread Pasta with tomato sauce
Vegetable Quiche		Salad Bar	
Salad Bar	Pasta with tomato sauce	Jacket Potato	Salad Bar
Jacket Potato	Salad Bar	Baked beans	Jacket Potato
Baked beans	Jacket Potato	Fresh Fruit	Baked beans
Steamed Choc chip sponge and custard	Baked beans	Apple Strudel and custard	Sticky Toffee Pudding
Fresh fruit	Fresh Fruit	Dinner	Fresh Fruit
	Profiteroles		Dinner
Dinner	Dinner	Piri Piri Chicken with rice and tortilla chips	Chicken a la king with rice and French bread
Roasted vegetable Pizza and chips	Cottage Pie with vegetables and gravy	Salad Bar	Salad Bar
Salad Bar	Salad Bar		
Sweet	Sweet	Sweet	Sweet
Yoghurt and fruit puree	Yoghurt and fruit puree	Yoghurt and fruit puree	Yoghurt and fruit puree
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Friday 13 th September 2019	Saturday 14 th September 2019	Sunday 8 th September 2019
Lunch	Breakfast	Breakfast
Homemade Vegetable Soup	Selection of cereals	Selection of cereals
Battered Cod with chips and peas Or Macaroni cheese	Sausage, bacon, fried eggs, mushrooms, baked beans, hash browns and fried bread	Croissants
Pasta and tomato sauce	Toast and spreads	Toast and spreads
Salad Bar		Lunch
(Lettuce, tomato, cucumber, potato salad, coleslaw, pasta salad etc.)	Lunch	Roast Topside of Beef, Yorkshire pudding, stuffing,
Grated Cheese and Sliced Ham	Selection of sandwiches	Roast potatoes and vegetables with gravy
Jacket Potato, Baked beans	Crisps and fruit	
Chocolate Mousse		Sweet
Fresh Fruit	Dinner	Supper
Dinner	Calzone with chips	Pasta Dish
Homemade Cornish pasty with mashed potatoes, vegetables and gravy	Salad Bar	Build your own baguette
Salad Bar		Chicken mayo, egg mayo, ham, cheese
Sweet	Sweet	Lettuce, tomatoes, cucumber and onion
Yoghurt and fruit puree	Fresh fruit	Crisps
Fresh Fruit		Cake
		Fruit