

Week 1

Monday

Cheese & Tomato Pizza with a selection of Toppings **v**
Mixed Bean Mushroom & Tomato Pasta Bake **v**

Oven Baked Sliced Potatoes, Big Salad Bar, Baton Carrots, Cucumber Sticks, Tomatoes, Beetroot, Mixed Pepper & Pasta Salad, Rainbow Coleslaw, Shredded Lettuce, Homemade Bread Selection

Eton Mess Light Meringue Pieces, combined with fruits of the forest and Rosella Cream

Thursday

Sweet & Sour Pork or Chicken Korma or Plain Diced Chicken Without sauce, both dishes served with Rice

Sweetcorn & Sweet Potato Cakes **v**
Brown or White Rice, Pita Bread, Seasonal Salad Bar, Coleslaw, Plus Sambles, Homemade Bread Selection

Orange & Apricot Oaty Slice

Friday

Jumbo Cod Fish Finger Fillet of Fish Coated in a Crispy Breadcrumb or Battered Fillet of Fish White Fillet coated in a light Batter

Homemade Vegetable Croquettes Creamed Potato mixed with Vegetables & Mixed Beans coated in Light Breadcrumbs **v**

French Fries or Lemon Couscous, Mushy Peas, Spaghetti Wheels in Tomato Sauce, Garden Peas, Seasonal Salad Bar, Homemade Bread Selection

Sticky Apple Crumble Tart Served with Custard

FUN FOOD FACTS

Carrots used to be purple!



Monday

Big Breakfast - Bacon, Sausage, Scrambled Egg

Vegetarian Sausage & Scrambled Egg **v**
Oven Baked Potato Smiles, Mushrooms, Plum Tomato, Baked Beans, Seasonal Salad Bar, Homemade Bread Selection
Homemade Decorated Iced Sponge

Tuesday

Tandoori Chicken Masala or Chicken Baiti Diced Chicken with a Baiti or Tandoori Masala sauce or Plain Diced Chicken Without Sauce

Old Park Melt in the Mouth Savoury Muffin **v**

Savoury Rice, Couscous, Garden Peas, Golden Sweetcorn, Seasonal Salad Bar, Sambles & Mint Yoghurt Dip, Homemade Bread Selection
Home Made Fruit Muffin

Wednesday

Hunters Chicken Chicken Breast topped with BBQ sauce & Cheese or Breaded Chicken Strips

Oven Roast Vegetables Served in a Yorkshire pudding & topped with Mature Cheddar **v**

Herby Diced Potatoes, Fresh Baton Carrots, Fresh Cauliflower, Homemade Bread Selection
Pineapple Upside Down Cake Served with Custard

Thursday

Beef Tortillas Lean Minced beef in a mild chilli sauce served with tortilla chips

Vegetarian Parcels Quorn pieces tossed in a herb infused tomato sauce **v**

Oven Baked Baby Jacket Potatoes, Herby Diced Potatoes, Seasonal Vegetables, Seasonal Salad Bar, Homemade Bread Selection

Strawberry & Chocolate Mousse Sundae Topped with a swirl of cream & sprinkles

FUN FOOD FACTS

One of the most popular pizza toppings in Brazil is green peas!!!



Come dine with us

Friday

Battered Fillet of Fish White Fillet coated in a light Batter or Breaded Salmon Fishcake

Pasta Neapolitan with Quorn **v**
Chips, Mixed Pepper Couscous, Mushy Peas, Baked Beans, Garden Peas, Seasonal Salad Bar, Homemade Bread Selection including Granary

Lemon Crunch Served with Lemon Sauce

Week 2

Monday

Organic Meatballs or Oven baked Sausage

Vegetarian Sausage or Vegetarian Meatballs **v**
Creamed Mashed Potatoes, Golden Noodles, Seasonal Vegetable Selection, Seasonal Salad Bar, Homemade Bread Selection including Granary
Homemade Cookie Selection

Tuesday

French Bread Cheese & Tomato Pizza Using a Rich 5 a day Tomato sauce & low fat Mature Cheddar **v**

Vegetable Cannelloni Roasted Vegetables & Mixed Beans marinated in a herby tomato sauce **v**

Seasonal Vegetable Selection, Seasonal Salad Bar, Homemade Bread Selection

Iced Bakewell Tart Served with a Custard Sauce

Wednesday

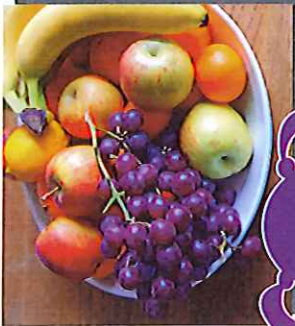
Cottage Pie Lean Minced Beef in a rich gravy topped with Fluffy Mashed potato

Oven Roast Vegetables Served in a Yorkshire pudding & topped with Mature Cheddar **v**

Fresh Baton Carrots, Fresh Broccoli, Garden Peas, Homemade Bread Selection
Individual Fruit Cheesecake Fruit Topped Cheesecake on a Biscuit Base

FUN FOOD FACTS

Apples float in water, because 25% of their volume is made of air.



Thursday

Homemade Chicken Dunkers Chicken pieces coated in breadcrumbs served with a choice of Sweet & Sour, Curry or BBQ Dipping Sauce

Vegetarian Quorn Dunkers Diced Quorn pieces coated in batter, served with a choice of Sweet & Sour, Curry or BBQ Dipping Sauce **v**
Savoury Vegetable Rice, Seasonal Vegetables, Seasonal Salad Bar, Garlic Bread,
Fruit Cobbler Served with Custard

Friday

Battered Fillet of Fish White Fillet coated in a light Batter or Jumbo Cod Fish Finger Fillet of Fish Coated in a Crispy Breadcrumb

Crispy Garlic Bake **v**

Crispy, Spicy Couscous, Seasonal Vegetable Selection, Baked Beans, Seasonal Salad Bar, Homemade Bread Selection

Individual Fruit Layered Panna Cotta

Wednesday

Beef Bolognese Lean minced Beef a Rich 5 a day Tomato sauce

Oven Roast Vegetables Served in a Yorkshire pudding & topped with Mature Cheddar **v**

Crisp Roast Potatoes, Creamed Mashed Potatoes, Roast Parsnips, Fresh Baton Carrots, Fresh Broccoli, Cauliflower, Homemade Bread Selection

Homemade Ginger Cake with a Lemon Sauce

