

Menu

Week 2

Monday

Main Meal

Bacon Pesto Pasta
Mushroom Pesto Pasta
(Gluten /Dairy Free Pasta available)

Served with...

Garlic Bread Slice

Salad Bar including...

Thai Shredded Beef & Noodle
Baby Leaf Spinach & Feta
Houmous with Peppers
Tuna, Chickpea & Beetroot
Crunchy Red Cabbage
Indian Potato Salad

Pudding

Syrup Sponge & Custard
(Gluten/Dairy Free
Sponge available)

Tuesday

Main Meal

Homemade Shepherd's Pie (Lamb)
Vegetarian Bake

(Gluten/Dairy Free Bake available)

Served with...

Sliced Carrots & Garden Peas

Salad Bar including...

Homemade Salmon Patè with Crackers
Barbeque Chopped Chicken
Grated Carrot & Radish
Tomato & Pasta Salad
Five Green Bean
Quinoa & Sweet Potato

Pudding

Homemade Banoffee Mousse with Wafer
(Banana Gluten/Dairy
Free Muffin available)

Wednesday

Main Meal

Chicken Korma
Potato & Spinach Curry
(Gluten/Dairy Free available)

Served with...

White & Brown Rice & Poppadoms

Salad Bar including...

Sliced Gammon Ham
Vegetable Spring Rolls
Beetroot
Carrot & Orange Segments
Greek Pasta Salad
Crispy Oven Baked Cauliflower &
Broccoli Herb Salad

Egg Salad

Pudding

Lemon Sponge & Custard
(Gluten/Dairy Lemon Tart
available)

Available every day...

Salad Bar

Jacket Potato, Diced Tomatoes, Cucumber,
Shredded Lettuce, Brown & White Pasta,
New Potatoes, Cheese and Bread

Pudding

Thursday

Main Meal

Home Roasted Pork Loin with
Apple Sauce & Gravy
Stuffed Peppers with Quinoa & Mushrooms

Served with...

Roast Potatoes

Sliced Carrots & Green Beans

Salad Bar including...

Apple & Celery with Yoghurt Parsley Dressing
Roasted Vegetables with Penne Pasta
Layered Parma Ham & Tuna Salad
Pasta & Spinach with Mushrooms
Homemade Lamb Samosa
Turkey & Avocado Salad

Pudding

Cornflake Cakes
(Gluten/Dairy Free available)

Friday

Main Meal

Breaded Cod Fillet - Gluten/Dairy Free
Leek Bake

Served with...

Oven Baked Chips
Low Sugar & Salt Baked Beans

Salad Bar including...

Wraps filled with Tuna Mayo
Brussel's Patè with Pitta Bread
Pesto Lemon Chicken
Sweet Potato Couscous
Carrot & Feta Burgers
Coleslaw

Pudding

Peach Crumble & Custard
(Gluten/Dairy Free available)