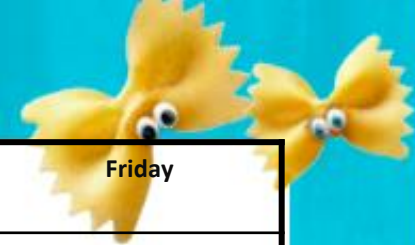


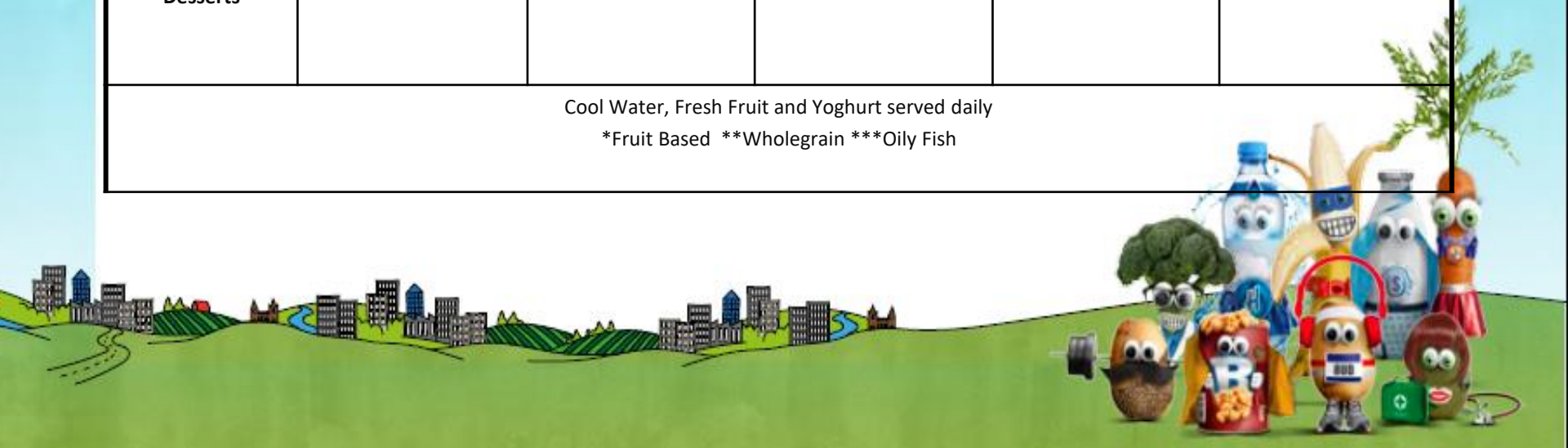
Food For Life

Autumn/Winter 2018 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Chicken Fillet in a Bun <i>with Jacket Wedges</i>	Meatballs with Tomato Sauce and Pasta	Roast Turkey <i>with Roast Potatoes & Gravy</i>	Savoury Beef <i>with Rice **</i>	Crispy Fish & Chips <i>with Chips</i>
Alternative Dish	Mac 'N' Cheese <i>Macaroni Cheese</i>	Creamy Broccoli and Cauliflower Bake <i>with Jacket potato</i>	Quorn Roast <i>with Roast Potatoes and Gravy</i>	Vegetable and Cheese Burger in a Bun <i>with New Potatoes</i>	Breaded Veggie Nuggets <i>with Chips</i>
Vegetables	Sweetcorn Peas	Roasted Vegetables Carrots	Green Beans Cauliflower	Carrots Broccoli	Baked Beans Crunchy Coleslaw
Desserts	Flapjack Custard <i>with Fruit Slices *</i>	Pear and Ginger Crumble * <i>with Custard</i>	Chocolate Ice Cream	Brownie Cake and custard	Lemon Shortbread

Cool Water, Fresh Fruit and Yoghurt served daily
 *Fruit Based **Wholegrain ***Oily Fish



Food For Life Autumn/Winter 2018 Menu Week



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Chicken Korma with Rice	Cottage pie with vegetables	Roast Chicken <i>with Roast Potatoes and Gravy</i>	Beef and Tomato Lasagne <i>with Garlic & Herb Bread Wedge **</i>	Golden Fish Fingers & Chips <i>Breaded Fish Fingers with Chips</i>
Alternative Dish	Mozzarella & Tomato Pizza ** <i>with Pasta Salad **</i>	Vegetarian Sausages with Jacket potato	Cheese and Bean Wrap <i>with Chips</i>	Vegetarian Casserole <i>with Rice **</i>	Veggie Balls <i>with chips</i>
Vegetables	Broccoli Sweetcorn	Baked Beans Roasted Vegetables	Roast Parsnip Carrots	Green Beans Cauliflower	Peas Baked Beans
Desserts	Vanilla Ice Cream	St Clements Sponge Cake and custard	Oatie Biscuit <i>with Fruit Slices *</i>	Apple and Berry Crumble * <i>with Custard</i>	Banana and Apricot Flapjack and custard

Cool Water, Fresh Fruit and Yoghurt served daily

*Fruit Based **Wholegrain ***Oily Fish



Food For Life Autumn/Winter 2018 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Chicken Sausages with Gravy	Chicken and Gravy Pie <i>with New Potatoes</i>	Roast Beef <i>with Roast Potatoes and Gravy</i>	Beef Macaroni Bake <i>with Garlic & Herb Bread Wedge **</i>	Salmon Fish Fingers *** <i>with Chips</i>
Alternative Dish	Cheese and Roasted Vegetable Quiche	Tomato and Basil Pasta **	Quorn Roast <i>with Roast Potatoes with Gravy</i>	Vegetable Korma <i>with rice **</i>	Mozzarella & Tomato Pizza ** <i>with Chips</i>
Vegetables	Mash Peas Roasted Vegetables	Carrots Green Beans	Seasonal Cabbage Carrot and Swede Mash	Broccoli Sweetcorn	Peas Crunchy Coleslaw
Desserts	Strawberry Ice Cream	Raspberry Ripple Cake	Peach Slice	Shortbread Fingers <i>with Fruit Slices *</i>	Pineapple Upside Down Cake * <i>with Custard</i>

Cool Water, Fresh Fruit and Yoghurt served daily
*Fruit Based **Wholegrain ***Oily Fish

