



MENU CYCLE WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SCOUSE Chunks of beef and lamb cooked slowly with onions, leeks, carrots and potatoes in stock and served with crusty bread and pickles</p>  <p>A Quorn and lentil stew will be served as a vegetarian alternative</p>	 <p>KATSU CHICKEN CURRY Choose from breaded pieces of chicken or Quorn nuggets served with a homemade Katsu curry sauce on a bed of rice with broccoli</p>	<p>ROAST GAMMON Choose from home roasted gammon or a Quorn fillet served with served with roast potatoes, carrots, cauliflower and gravy</p> 	 <p>LASAGNE Choose from fresh minced beef or Vegimince cooked with onions, carrots, garlic, herbs and tomatoes, then layered up between lasagne pasta sheets and topped with a béchamel sauce and baked in the oven, served with salad</p>	<p>CHIP SHOP DAY Choose from home battered cod fillet, cod fillet fish fingers or Quorn nuggets all baked in the oven and served with chips and peas or baked beans</p> <p>Also available: Curry Sauce & Bread and Butter</p> 
OR				
HOT ALTERNATIVES Jacket Potatoes with a Selection of fillings available daily, served with a selection of salad items from the Deli Bar				
OR				
DELI BAR - Available Everyday Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, marinated chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot, red onions and peppers				
FOR DESSERT				
Ice Cream	Shortbread	A selection of yoghurts, fruit and Cheese and Crackers	Iced Fingers	Chocolate Brownie
A selection of fresh fruit, fruit pots and yoghurts are also available everyday				



MENU CYCLE WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>PASTA BAR A pasta of the day served with a choice of homemade tomato and basil or a homemade cheese sauce, then topped with or without cheese and served with green beans</p> 	 <p>SAUSAGE & MASH Choose from butcher's quality sausages or Quorn sausages served on a bed of mashed potato with peas and gravy</p>	<p>ROAST BEEF Choose from home roasted topside of beef or a Quorn fillet served with served with roast potatoes, Yorkshire pudding, carrots, shredded cabbage and gravy</p> 	 <p>CHILLI NACHOS Choose from minced beef or 3 bean chilli cooked with onions, mild chilli powder, tomato and peppers, served with tortilla chips and rice with broccoli</p>	<p>CHIP SHOP DAY Choose from home battered cod fillet, cod fillet fish fingers or Quorn nuggets all baked in the oven and served with chips and peas or baked beans</p> <p>Also available: Curry Sauce & Bread and Butter</p> 
OR				
HOT ALTERNATIVES				
Jacket Potatoes with a Selection of fillings available daily, served with a selection of salad items from the Deli Bar				
OR				
DELI BAR - Available Everyday				
Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, marinated chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot, red onions and peppers				
FOR DESSERT				
Ice Cream	Raspberry Muffins	A selection of yoghurts, fruit and Cheese and Crackers	Meringue's	Millionaire's Shortbread
A selection of fresh fruit, fruit pots and yoghurts are also available everyday				



MENU CYCLE WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>PIZZA A wholemeal pizza base topped with a homemade tomato sauce and grated cheese, and served with homemade potato wedges and sweetcorn</p> 	 <p>SPAGHETTI BOLOGNAISE Choose from either minced beef or Vegimince cooked with onions, garlic, tomato and herbs and served on a bed of spaghetti with broccoli</p>	<p>ROAST TURKEY Choose from home roasted breast of chicken or a Quorn fillet served with served with roast potatoes, stuffing, carrots, shredded cabbage and gravy</p> 	 <p>CREAMY CHICKEN CURRY Choose from fresh chicken pieces or Quorn pieces cooked with onions, garlic, coriander, cumin, turmeric, ginger and coconut milk, served on a bed of rice with Naan bread and green beans</p>	<p>CHIP SHOP DAY Choose from home battered cod fillet, cod fillet fish fingers or Quorn nuggets all baked in the oven and served with chips and peas or baked beans</p> <p>Also available: Curry Sauce & Bread and Butter</p> 
OR				
HOT ALTERNATIVES Jacket Potatoes with a Selection of fillings available daily, served with a selection of salad items from the Deli Bar				
OR				
DELI BAR - Available Everyday Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, marinated chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot, red onions and peppers				
FOR DESSERT				
Ice Cream	Vanilla Cookie	A selection of yoghurts, fruit and Cheese and Crackers	Iced Sponge	Chocolate Cake & Chocolate Custard
A selection of fresh fruit, fruit pots and yoghurts are also available everyday				