

# our Tummy Fillers

Week Commencing: 1st January, 22nd January, 19th February and 12th March 2018

## Week 1

### Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dog with Potato Wedges and Baked Beans	Cottage Pie served with Seasonal Vegetables	Chicken in a Fresh <b>Tomato Sauce</b> with Cheese and Bacon with Vegetable Rice and Mixed Salad	<b>Roast Beef with Roast Potatoes</b> , Yorkshire Pudding, Seasonal Vegetables and Gravy	Homemade Chicken Nuggets with Chips and Garden Peas or Baked Beans

### Vegetarian Meal

Quorn Hot Dog with Potato Wedges and Baked Beans	Cheese and Potato Pie served with Baked Beans	Quorn Fillet in a Fresh <b>Tomato Sauce</b> with Cheese served with Vegetable Rice and Mixed Salad	Roast Quorn Fillet with Roast Potatoes, Yorkshire Pudding, Seasonal Vegetables and Gravy	Breaded Fish Steak or Quorn Sausage with Chips and Garden Peas or Baked Beans
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### Dessert

Fresh Fruit Platter	Chocolate Sponge Pudding with Chocolate Sauce	Very Berry Jelly / Ice Cream Pots	Banana Cake	<b>Fruit and Chef's Dessert Selection</b>
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Week Commencing: 8th January, 29th January, 26th February and 19th March 2018

## Week 2

### Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Red Tractor Beef Burger</b> in a Bun with <b>Lettuce and Tomato</b> served with Herby Diced Potatoes, Peas and Sweetcorn	Cheese and Ham Pasta Bake with Seasonal Salad and Homemade Focaccia Bread	<b>Traditional Beef Lasagne</b> served with Seasonal Salad and Garlic Bread	Roast Pork and Apple Sauce with Roast Potatoes, Yorkshire Pudding, Seasonal Vegetables and Gravy	Homemade Chicken Nuggets with Chips and Garden Peas or Baked Beans

### Vegetarian Meal

Cheese and Pepper Whirl with Herby Diced Potatoes, Peas and Sweetcorn	Roasted Vegetable <b>Pasta Bake in a Tomato Sauce</b> with Seasonal Salad and Homemade Focaccia bread	Roasted Vegetable Lasagne served with Seasonal Salad and Garlic Bread	Roasted Quorn Fillet with Roast Potatoes, Yorkshire Pudding, Seasonal Vegetables and Gravy	Breaded Fish Finger or Quorn Sausage with Chips and Garden Peas or Baked Beans
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### Dessert

Seasonal Fruit Crumble and Custard	Chocolate Oaty Biscuit	Pineapple Upside Down Pudding with Custard	Fresh Fruit Muffin	<b>Fruit and Chef's Dessert Selection</b>
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Week Commencing: 15th January, 5th February, 5th March and 26th March 2018

## Week 3

### Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Sausage Roll served with a Jacket Potato, Carrots and Peas	Cheese and Ham <b>Pizza served with Herby Diced Potatoes</b> and Mixed Salad	Homemade Meatballs in a <b>Fresh Tomato Sauce</b> served with Pasta and Mixed Salad	<b>Roast Turkey with Roast Potatoes</b> , Yorkshire Pudding, Seasonal Vegetables and Gravy	Homemade Chicken Nuggets with Chips and Garden Peas or Baked Beans

### Vegetarian Meal

Quorn Sausage served with a Jacket Potato, Carrot and Peas	Cheese and Tomato <b>Pizza served with Herby Diced Potatoes</b> and Mixed Salad	Macaroni Cheese served with Mixed Salad	Roast Quorn Fillet with Roast Potatoes, Yorkshire Pudding, Seasonal Vegetables and Gravy	Salmon Fish Cake or Quorn Sausage with Chips and Garden Peas or Baked Beans
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### Dessert

Fresh Fruit Platter	Fresh Fruit Cheesecake	Shortbread and Flavoured Milk	Peach Chocolate Bake with Custard	<b>Fruit and Chef's Dessert Selection</b>
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## Available Every Day

## our Salad Feast

Alternatively choose a packed lunch or jacket potato with fillings of cheddar, baked beans or tuna. Dessert alternatives include fruit yoghurt. Wholemeal bread and daily salad bar also available.

### FOOD ALLERGIES & INTOLERANCES

IF YOU SUFFER FROM EITHER OF THE ABOVE, PLEASE SPEAK TO THE CHEF MANAGER PRIOR TO PLACING YOUR ORDER WE WILL BE PLEASED TO DISCUSS THE CONTENTS OF ANY DISH WITH YOU