## **MONDAY**

## TUESDAY WEDNESDAY THURSDAY

## **FRIDAY**



Week

## M West country sausages (DF)

- Mediterranean quiche
- Mash, pasta, beans
- D Toffee crisp

- M Crispy coated lemon chicken
- Spiced green, sweet potato & lentil curry (DF)
- Noodles, potatoes, veg. of the S
- D Iced sponge

М	Roast gammon & pineapple
141	(DF)

- V Homity pie
- Roast/creamed potatoes, veg. of the day, gravy
- D Chocolate mousse

- M Home-made lasagne
- V Ratatouille crumble
- S Garlic bread, veg. of the day
- D Muesli crunch

- M Fish fingers & tomato sauce
- V Pizza muffin
- S Chips, pasta, peas & sweetcorn
- Home-made cookie/biscuit & fruit juice

# Week

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- M Pepperoni pizza
- Mixed curried beans
- Wedges, pasta, veg. of the
- Sticky chocolate slice

- M Beef & mushroom stroganoff
- V Quorn burger (DF)
- S Mash, pasta, veg. of the day
- D Iced carrot cake

- Roast fillet of chicken (DF) with Yorkshire pudding
- Veggie cottage Pie
- Roast/creamed potatoes, veg. of the day, gravy
- D Fruit cocktail & ice-cream

- M Home-made meatballs (DF)
- Cheesy leek pasta
- Crusty bread, pasta, veg. of the day
- D Lemon drizzle cake

- Fishcake & tomato sauce
- Southern fried vegan wings
- Chips, pasta, peas &
- Home-made cookie/biscuit & fruit juice

## M Sweet 'n' sour chicken (DF)

- Quorn dippers (DF)
- Rice, noodles, veg. of the day
- D Plain sponge

- M Tuna & sweetcorn pasta bake
- V Vegetable fajita (DF)
- Crusty bread, veg. of the day
- D Scottish shortbread

- M Roast pork & stuffing (DF)
- Parsnip, shallot & marmite tartin (DF)
- Roast/creamed potatoes, veg. of the day, gravy
- D Profiteroles

- M Beef burger in a bap (DF)
- Veggie sausage (DF)
- Sauté potatoes, beans
- Jam tart & cream

- Salmon bites & tomato sauce
- Spinach & mushroom pinwheel
- Chips, pasta, peas & sweetcorn
- Home-made cookie/biscuit & fruit juice

Key to menu items:

M: Main

V: Vegetarian

S: Sides

D: Dessert

(DF): Dairy free

Week 1

Week 2

Week 3

Holiday/inset

Jacket potato, yoghurt, fresh fruit and fresh salad are available every day

February 2023								
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