

Spring Menu 2018

Baked potatoes available daily with choice of tuna mayonnaise, cheese or baked beans. Yoghurt, fresh fruit or cheese & biscuits daily.

Week	Day	Mains		Sides	Dessert
		Meat	Vegetarian		
1	Monday	Barbeque chicken drumsticks	Chilli vegetable tacos & sour cream	Paprika roasted potato wedges Mexicorn Green beans	Apple flapjack
	Tuesday	Pork meatballs in tomato sauce	Chickpea & spinach curry	Steamed rice Broccoli Carrots	Lemon sponge & custard
	Wednesday	Chicken & vegetable pie with gravy	Mixed bean cassoulet	Creamy mashed potatoes Seasonal greens Cauliflower	Fresh fruit salad or shortbread biscuit
	Thursday	Chilli beef pasta bake	Roasted pepper & broccoli strudel, tomato sauce	Garlic & parsley bread Green beans Sweetcorn	Peach & pineapple crumble, custard
	Friday	Breaded cod fillet	Roasted vegetable & bean wrap	Chips Peas Baked beans	Vanilla ice cream
2	Monday	Sausages & onion gravy	Tomato & Tuscan bean pasta bake	Crushed new potatoes Steamed leeks Sweetcorn	Fruit smoothie or shortbread biscuit
	Tuesday	Chicken & lentil curry	Mild vegetable chilli	Steamed rice Broccoli Glazed carrots	Apple & sultana strudel, custard
	Wednesday	Roast chicken, stuffing & gravy	Broccoli & cheddar cheese frittata	Roast potatoes Spring greens Cauliflower	Fresh fruit salad or shortbread biscuit
	Thursday	Beef lasagne	Vegetable quesadilla	Mediterranean bread Green beans Roasted carrots	Chocolate & beetroot brownie
	Friday	Breaded fish fillet or poached salmon fillet	Macaroni cheese	Chips Peas Baked beans	Strawberry & vanilla mousse
3	Monday	Sausage pasta bake	Butternut squash tagine	Lemon & parsley couscous Green beans Cauliflower	Zesty lime cake
	Tuesday	Build your own burrito – Cajun chicken	Build your own burrito – vegetable & bean	Steamed rice Broccoli Sweetcorn	Rice pudding & fruit compote
	Wednesday	Roast pork loin with apple sauce & gravy	Tomato & basil quiche	Skin-on roast potatoes January King cabbage Carrots	Fresh fruit salad or shortbread biscuit
	Thursday	Beef & bean cottage pie	Cauliflower cheese	Baked sweet potato wedges Steamed leeks Braised red cabbage	Gingerbread cookie
	Friday	Fishcake or steamed fish with parsley sauce	Vegetable pasty	Chips Peas Baked beans	Apple & rhubarb crumble

