

## MENU CYCLE WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday
<b><i>SMOTHERED CHICKEN</i></b> A cooked chicken breast topped with BBQ sauce and cheese, and served with savoury rice and green beans	<b><i>LASAGNE</i></b> Fresh minced beef 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	<b><i>ROAST TURKEY</i></b> Roast turkey & stuffing served with roast potatoes, carrots, broccoli and gravy	<b><i>CHICKEN JALFREZI</i></b> Fresh chicken pieces cooked with onions, garlic, green chilli, tomatoes, coriander, cumin, turmeric, red pepper, garam masala and red chillies, served on a bed of rice with Naan bread and sweetcorn	<b><i>CHIP SHOP DAY</i></b> Choose from home battered cod fillet, Chicken Burger or a Bean Burger all oven baked in the oven and served with chips and mushy peas  Also available: Curry Sauce & Bread and Butter
<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	
<b><i>SWEET CHILLII QUORN</i></b> Quorn pieces cooked with onions and peppers in a sweet chilli sauce and served on a bed of rice with green beans	<b><i>BUTTERNUT SQUASH &amp; LENTIL CURRY</i></b> Chunks of butternut squash cooked with onions, and lentils in mild spices and served on a bed of rice with Naan bread and broccoli	<b><i>SALT &amp; PEPPER QUORN NUGGETS</i></b> Pan fried strips of peppers and onions, with garlic, then mixed with Quorn nuggets and dusted with salt & pepper seasoning served with rice and broccoli	<b><i>TOMATO &amp; FETA TARTS</i></b> A puff pastry base topped with pesto, sliced tomatoes and a sprinkling of feta baked in the oven, served with crusty bread and salad	
<b>OR</b>				
<b><i>CRISPY CHICKEN WRAP</i></b> A tortilla wrap filled with crispy chicken goujons (or Quorn nuggets) & lettuce	<b><i>PANINI</i></b> A selection of filled panini's	<b><i>PIZZA SLICE</i></b> A selection of pizza slices will be available	<b><i>SAUSAGE ROLLS</i></b> Choose from traditional pork or vegetarian	
<b>HOT ALTERNATIVES</b> Jacket Potatoes and Pasta Pots served daily				
<b>DELI BAR</b> A selection of sandwiches, baguettes, wraps and salads available daily				
<b>FOR DESSERT</b> A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit, fruit pots and yoghurts are also available everyday				



## MENU CYCLE WEEK 2



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>SWEET &amp; SOUR CHICKEN</b> Fresh chicken pieces cooked with onions, peppers and pineapple and served in a homemade sweet and sauce on a bed of egg noodles with sweetcorn</p>	<p><b>TACO TUESDAY</b> Fresh minced beef cooked with onions, tomatoes, peppers and a mild chilli powder, and served in a Taco shell with rice and mixed salad</p>	<p><b>FILLED YORKSHIRE PUDDING</b> A Yorkshire pudding filled with sausage, mashed potatoes, peas and gravy</p>	<p><b>SALT &amp; PEPPER</b> Fresh chicken pieces or cooked with onions, peppers and a salt and pepper seasoning, served with homemade potato wedges and green beans</p>	<p><b>CHIP SHOP DAY</b> Choose from fish fingers, sausages or Quorn nuggets all oven baked in the oven and served with chips and mushy peas</p> <p>Also available: Gravy &amp; Bread and Butter</p>
<p><b>OR</b></p>	<p><b>OR</b></p>	<p><b>OR</b></p>	<p><b>OR</b></p>	
<p><b>BROCOLLI QUICHE</b> A pastry case filled with broccoli, and seasoned eggs then topped with cheese and baked in the oven and served with new potatoes and salad</p>	<p><b>KATSU QUORN CURRY</b> Quorn nuggets served on a bed of rice with a homemade Katsu curry sauce and broccoli</p>	<p><b>CHINESE QUORN NOODLES</b> Quorn pieces cooked with onions, garlic, peppers, soy sauce and Chinese 5 spice and mixed with egg noodles and served with broccoli</p>	<p><b>THREE BEAN CHILLI</b> Mixed beans cooked with onions, carrots, sweetcorn, mushrooms and tomatoes in a mild chilli spice and served on a bed of rice with green beans</p>	
<p><b>OR</b></p>				
<p><b>CRISPY CHICKEN WRAP</b> A tortilla wrap filled with crispy chicken goujons (or Quorn nuggets) &amp; lettuce</p>	<p><b>PANINI</b> A selection of filled panini's</p>	<p><b>PIZZA SLICE</b> A selection of pizza slices will be available</p>	<p><b>SAUSAGE ROLLS</b> Choose from traditional pork or vegetarian</p>	
<p><b>HOT ALTERNATIVES</b> Jacket Potatoes &amp; Pasta Pots served daily</p>				
<p><b>DELI BAR</b> A selection of sandwiches, baguettes, wraps and salads available daily</p>				
<p><b>FOR DESSERT</b> A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit, fruit pots and yoghurts are also available everyday</p>				



## MENU CYCLE WEEK 3



Monday	Tuesday	Wednesday	Thursday	Friday
<b>KATSU CURRY</b> Oven baked chicken goujons served on a bed of basmati rice with a homemade Katsu curry sauce and broccoli	<b>STEAK PIE</b> Chunks of fresh beef cooked slowly with onions and carrots in a gravy and topped with a pastry lid and served with mashed potatoes, peas and gravy	<b>SWEET CHILLI CHICKEN</b> Fresh chicken pieces cooked with onions and peppers and served on a bed of noodles with a sweet chilli sauce and sweetcorn	<b>SPAGHETTI BOLOGNAISE</b> Fresh minced beef cooked with onions, tomatoes, garlic and herbs and served with spaghetti pasta and green beans	<b>CHIP SHOP DAY</b> Choose from home battered cod fillet, Chicken Burger or a Bean Burger all oven baked in the oven and served with chips and mushy peas  Also available: Curry Sauce & Bread and Butter
<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	
<b>VEGATARIAN SAUSAGE &amp; MASH</b> Quorn sausages baked in the oven and served with mashed potatoes, peas and gravy	<b>SMOOTHERED QUORN</b> A Quorn fillet topped with BBQ sauce and cheese and baked in the oven and served with savoury rice and broccoli	<b>BBQ QUORN QUASILDILLA</b> Tortilla wrap topped with cheese, sliced Quorn and BBQ sauce, then more cheese and topped with a tortilla and baked in the oven and served with salad	<b>CHEESE &amp; ONION PIE</b> A pastry case filled with cheese, onion and mashed potato and baked in the oven and served with baked beans	
<b>CRISPY CHICKEN WRAP</b> A tortilla wrap filled with crispy chicken goujons (or Quorn nuggets) & lettuce	<b>PANINI</b> A selection of filled panini's	<b>PIZZA SLICE</b> A selection of pizza slices will be available	<b>SAUSAGE ROLLS</b> Choose from traditional pork or vegetarian	
<b>OR</b>				
<b>HOT ALTERNATIVES</b> Jacket Potatoes & Pasta Pots served daily				
<b>DELI BAR</b> A selection of sandwiches, baguettes, wraps and salads available daily				
<b>FOR DESSERT</b> A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit, fruit pots and yoghurts are also available everyday				

