Weeks 1 (week commencing 3rd October 2022)

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| **Menu 1** | **DISH 1** | **DISH 2** | **Veg/Pots/Pasta/Rice** | | **Puddings** |  |
| **MONDAY** | Macaroni Cheese  (Tender pasta shapes in cheese sauce with garlic bread )  (V, Vgn, GF,DF) | Fish Crumble  (Steamed white fish, creamy sauce and crunchy Panko crumb top)  (V, Vgn, GF) | | New Potatoes  Baton Carrots  Garden Peas  Asstd Salad | Blue Berry Muffins  Asstd Smooth, Fruit Yoghurts  Fruit Bowl |  |
| **TUESDAY** | Beef Lasagne  (Layers of pasta, Italian style veg, topped with cheese sauce  (DF, GF) | Vegetable Lasagne  (Layers of pasta, Italian style veg, topped with cheese sauce  ( V, Vgn) | Broccoli Florets  Sweetcorn  Asstd Salad | | Fresh Fruit Basket  Asstd Smooth, Fruit Yoghurts |  |
| **WEDNESDAY** | **Roast Dinner Day** – (V, Vgn, H, DF, GF)  Home Roast Fresh Chicken Breast & Yorkie Pudding  Braised Minted Quorn Fillet & Yorkie Pudding  Potatoes, Savoy Cabbage & Carrots | | | | Warm strawberry crunch with evap. Vegan alternatives available for puddings.  Asstd Smooth, Fruit Yoghurts  Fruit Bowl |  |
| **THURSDAY** | Pizza with a choice of toppings  French Fries  Assorted Salad  (V, Vgn, DF, GF) | | | | Fresh Fruit Basket  Asstd Smooth, Fruit Yoghurts |  |
| **FRIDAY** | **Fishy Friday**  Fish & Chips with Mushy Peas or Cheese & Tomato Pasta Bake  (V, Vgn, DF, GF) | | | | Choc Ice  Asstd Smooth, Fruit Yoghurts  Fruit Bowl |  |

**Available with dinner** **– Fresh bread, fresh fruit selection, chilled water, fresh milk. Special diets are incorporated within the menu choices or separate dishes are provided. (Menu subject to change at short notice)**

**( V=Vegetarian, VGN=Vegan, DF=Dairy Free, GF=Gluten Free shown on menu highlights this dish (modified) available for the diets listed)**

Weeks 2 (week commencing 10th October 2022)

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| **Menu 2** | **DISH 1** | **DISH 2** | **Veg/Pots/Pasta/Rice** | | **Puddings** |  |
| **MONDAY** | Margarita Pizza  (Flatbreads with pizza sauce & Mozzarella cheese toping)  (GF,DF,V,Vgn) | Chickpea & Veg Curry  (Mild Indian curry with rice & Naan Bread)  ( V,Vgn,GF,) | | Potato Wedges  Baton Carrots  Garden Peas  Asstd Salad | Lemon Curd Tray Bake  Asstd Smooth, Fruit Yoghurts  Fruit Bowl |  |
| **TUESDAY** | Spaghetti Bolognaise  (Beef based Italian dish with steamed spaghetti & garlic bread)  (GF,DF) | Quorn Meatballs  (Quorn in Tomato & Basil Sauce, Pasta & Garlic Bread)  (V, Vgn, DF, ) | Broccoli Florets  Sweetcorn  Asstd Salad | | Fresh Fruit Basket  Asstd Smooth, Fruit Yoghurts |  |
| **WEDNESDAY** | **Roast Dinner Day** – (V, Vgn, DF, GF)  Home Roast Fresh Chicken Breast & Yorkie Pudding  Braised Minted Quorn Fillet & Yorkie Pudding  Potatoes, Savoy Cabbage & Carrots | | | | Syrup Sponge & Custard  Asstd Smooth, Fruit Yoghurts  Fruit Bowl |  |  |  |
| **THURSDAY** | **Baked Potato Bar** –  Baked potato & choice of hot & cold fillings served with tossed salad  (V, Vgn, DF, GF) | | | | Fresh Fruit Basket  Asstd Smooth, Fruit Yoghurts |  |  |  |
| **FRIDAY** | **Fishy Friday**  Fish & Chips with Mushy Peas or Cheese & Tomato Pasta Bake  (V, Vgn, DF, GF) | | | | Crunchy Shortbread  Asstd Smooth, Fruit Yoghurts  Fruit Bowl |  |  |  |

**Available with dinner** **– Fresh bread, fresh fruit selection, chilled water, fresh milk. Special diets are incorporated within the menu choices or separate dishes are provided. (Menu subject to change at short notice)**

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Weeks 3 (week commencing 17th October 2022)

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| **Menu 3** | **DISH 1** | **DISH 2** | **Veg/Pots/Pasta/Rice** | | **Puddings** |
| **MONDAY** | Spaghetti Napolitano  (tomato, garlic, basil and parmesan spaghetti & garlic bread)  (V, Vgn, GF) | Quorn & Veg Paella  (Quorn, veg, paprika & turmeric, bundled together with rice)  (V, Vgn, DF,) | | Sweetcorn  Green Beans  Asstd Salad | Choc Oat Delight  Fruit Bowl  Asstd Smooth, Fruit Yoghurts |
| **TUESDAY** | Toad in the Hole  (Meaty sausages in a shaped Yorkie Pud)  ( V, DF) | Cheesy Fish  (Steamed white fish in cheese sauce & baked)  (GF,V,) | Mashed Potato  Baton Carrots  Broccoli Florets  Asstd Salad | | Fresh Fruit Basket  Asstd Smooth, Fruit Yoghurts |
| **WEDNESDAY** | **Roast Dinner Day** – (V, Vgn, DF, GF)  Home Roast Fresh Chicken Breast & Yorkie Pudding  Braised Minted Quorn Fillet & Yorkie Pudding  Potatoes, Savoy Cabbage & Carrots | | | | Apricot Crumble & Cream  Fruit Bowl  Asstd Smooth, Fruit Yoghurts |
| **THURSDAY** | **Baked Potato Bar** –  Baked potato & choice of hot & cold fillings served with tossed salad  (V, Vgn, GF,DF, ) | | | | Fresh Fruit Basket  Asstd Smooth, Fruit Yoghurts |
| **FRIDAY** | **Fishy Friday**  Fish & Chips with Mushy Peas or Cheese & Tomato Pasta Bake  (V, Vgn, DF, GF) | | | | Cheese & Biscuits  Fresh Fruit  Asstd Smooth, Fruit Yoghurts |

**Available with dinner** **– Fresh bread, fresh fruit selection, chilled water, fresh milk. Special diets are incorporated within the menu choices or separate dishes are provided. (Menu subject to change at short notice)**

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