Weeks 1 (week commencing 3rd October 2022)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 PotatoesBaton CarrotsGarden PeasAsstd Salad | Blue Berry MuffinsAsstd Smooth, Fruit YoghurtsFruit 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 FloretsSweetcornAsstd 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 YoghurtsFruit Bowl  |  |
| **THURSDAY** | Pizza with a choice of toppingsFrench FriesAssorted Salad(V, Vgn, DF, GF) |  Fresh Fruit BasketAsstd Smooth, Fruit Yoghurts |  |
| **FRIDAY** | **Fishy Friday**Fish & Chips with Mushy Peas or Cheese & Tomato Pasta Bake (V, Vgn, DF, GF) | Choc IceAsstd Smooth, Fruit YoghurtsFruit 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)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 WedgesBaton CarrotsGarden PeasAsstd Salad | Lemon Curd Tray BakeAsstd Smooth, Fruit YoghurtsFruit 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 FloretsSweetcorn Asstd Salad |  Fresh Fruit BasketAsstd 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 & CustardAsstd Smooth, Fruit YoghurtsFruit Bowl |  |  |  |
| **THURSDAY** | **Baked Potato Bar** –Baked potato & choice of hot & cold fillings served with tossed salad (V, Vgn, DF, GF) |  Fresh Fruit BasketAsstd Smooth, Fruit Yoghurts |  |  |  |
| **FRIDAY** | **Fishy Friday**Fish & Chips with Mushy Peas or Cheese & Tomato Pasta Bake (V, Vgn, DF, GF) | Crunchy ShortbreadAsstd Smooth, Fruit YoghurtsFruit 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 3 (week commencing 17th October 2022)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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,) | SweetcornGreen BeansAsstd Salad  | Choc Oat DelightFruit BowlAsstd 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 PotatoBaton CarrotsBroccoli FloretsAsstd Salad |  Fresh Fruit BasketAsstd 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 & CreamFruit BowlAsstd Smooth, Fruit Yoghurts |
| **THURSDAY** | **Baked Potato Bar** –Baked potato & choice of hot & cold fillings served with tossed salad (V, Vgn, GF,DF, ) | Fresh Fruit BasketAsstd Smooth, Fruit Yoghurts |
| **FRIDAY** | **Fishy Friday**Fish & Chips with Mushy Peas or Cheese & Tomato Pasta Bake (V, Vgn, DF, GF) | Cheese & BiscuitsFresh 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)**

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