

## MENU CYCLE WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday
<b>CHICKEN FAJITAS</b> Fresh pieces of chicken seasoned with a Fajita spice and served in a flour tortilla with salad	<b>PASTA BOLOGNAISE</b> Minced beef cooked with onions, garlic, tomatoes, mushrooms and herbs and served on a bed of pasta	<b>ROAST OF THE DAY</b> Home roasted breast of turkey served with roast potatoes, stuffing, seasonal vegetables and gravy	<b>CREAMY CHICKEN CURRY</b> Pieces of fresh chicken cooked with onions, garlic, coriander, cumin, ginger, turmeric, coconut milk and stock. Served on a bed of rice with Naan bread	<b>CHIPPY DAY</b> Choose from freshly Battered cod fillets Or Quality sausages  Both served with chips
<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	
<b>CHILLI CON CARNE</b> Fresh minced beef cooked with onions, peppers, tomatoes and kidney beans in stock and seasoned with a mild chilli powder and served on a bed of rice	<b>BACON CHOPS</b> A bacon chop baked in the oven and topped with a pineapple and served with diced potatoes	<b>BEEF LASAGNE</b> Fresh minced beef cooked with onions, garlic, tomatoes and herbs, then layered between sheets of lasagne and topped with a béchamel sauce, baked in the oven and served with salad	<b>SPICY BEEF STIR FRY</b> Strips of beef cooked with onions and red peppers in a sweet chilli sauce and served with a tangy salsa and oven baked potato wedges	
<b>VEGETARIAN OPTION</b>				
<b>TOMATO &amp; BASIL PASTA BAKE</b> Pasta spirals mixed with a tomato and basil sauce, topped with cheese and baked in the oven until golden with a garlic slice	<b>CHEESE &amp; RED ONION QUICHE</b> A pastry case filled with red onions, cheese and eggs and baked in the oven until set and served with salad	<b>QUORN CHOW MEIN</b> Quorn pieces cooked with onions, garlic, peppers, baby corn, soy sauce, stock and egg noodles	<b>VEGETABLE &amp; LENTIL CURRY</b> A selection of seasonal vegetables and lentils cooked in spices and served on a bed of rice with Naan bread	<b>PIZZA FINGERS</b> Homemade pizza cut into fingers: choose from cheese and tomato or pepper and mushroom
New Potatoes Broccoli	Diced Potatoes Peas and Sweetcorn	Roast Potatoes Carrots and Cabbage	Oven Baked Wedges Mixed Vegetables	Chips Baked Beans and Mushy Peas
<b>OR</b>				
<b>HOT ALTERNATIVES</b> Also, available daily, a selection of Pizza Slices, Filled Panini's Sandwiches, Jacket Potatoes with various fillings, Hot Chicken Wraps and Pasta with a selection of topping				
<b>PRE-ORDER KIOSK</b> Also, available at the pre-order kiosk is sandwiches, wraps, salads and pasta salads				
<b>FOR DESSERT</b> A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday				

## MENU CYCLE WEEK 2



Monday	Tuesday	Wednesday	Thursday	Friday
<b>KEEMA KEBAB</b> Fresh minced lamb cooked with onions and garlic and seasoned with spices, served in a wholemeal pitta with salad and sauces, on a bed of rice	<b>SCOUSE</b> Chunks of fresh lamb cooked slowly with onions, carrots, leeks and potatoes in stock. Served in a bowl with crusty bread and beetroot	<b>ENCHILADAS</b> Flour tortillas filled with fresh pieces of chicken cooked with a selection of vegetables in a Fajita seasoning, then covered in a tomato sauce, topped with cheese then baked in the oven and served with salad	<b>LASAGNE</b> Minced beef cooked with onions, garlic, courgettes, leeks, peppers, tomatoes and herbs then layered between sheets of lasagne pasta and topped with a béchamel sauce	<b>SALMON FILLET</b> A salmon fillet simply seasoned and baked in the oven and served with chips
<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
<b>MINCE &amp; ONION PIE</b> Fresh minced beef cooked slowly with onions and carrots in stock until a rich gravy is formed, then topped with a pastry lid and served with mashed potatoes	<b>BUTTER CHICKEN CURRY</b> Marinated pieces of fresh chicken cooked with butte, onions, garlic, spices, tomatoes, chillies and cream, served on a bed of rice with Naan bread	<b>ROAST OF THE DAY</b> Home roasted gammon served with roast potatoes, seasonal vegetables and gravy	<b>PASTA BAKE</b> Pasta spirals covered in a spicy tomato and vegetable sauce, topped with cheese and baked in the oven and served with salad	<b>BATTERED COD</b> A piece of cod fillet, hand battered and deep fried until crispy and served with chips
<b>VEGETARIAN OPTION</b>				
<b>VEGETABLE QUASADILLAS</b> A flour tortilla topped with cheese, then a layer of seasonal vegetables and Quorn pieces cooked in a tomato sauce, then another layer of cheese and topped with another flour tortilla and baked in the oven and served with rice and salad	<b>HOMEMADE VEGGIE BURGER</b> A homemade veggie patty veggie mince, onions, garlic, chilliest and mozzarella cheese and baked in the oven and served in a burger bun with salad	<b>QUORN SAUSAGE &amp; GRAVY</b> Quorn sausages braised in gravy and served on a bed of homemade mashed potatoes with an onion gravy	<b>MACARONI CHEESE</b> Macaroni pasta covered in a homemade cheese sauce	<b>PIZZA FINGERS</b> Homemade pizza cut into fingers: choose from cheese and tomato or pepper and mushroom
Mashed Potatoes Green Beans and Baked Beans	Spicy Diced Potatoes Peas and sweetcorn	Roast Potatoes Broccoli and Cauliflower	New Potatoes Carrots and Salad	Chips Mushy Peas and Baked Beans
<b>OR</b>				
<b>HOT ALTERNATIVES</b> Also, available daily, a selection of Pizza Slices, Filled Panini's Sandwiches, Jacket Potatoes with various fillings, Hot Chicken Wraps and Pasta with a selection of topping				
<b>PRE-ORDER KIOSK</b> Also, available at the pre-order kiosk is sandwiches, wraps, salads and pasta salads				
<b>FOR DESSERT</b> A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday				

## MENU CYCLE WEEK 3



Monday	Tuesday	Wednesday	Thursday	Friday
<b>COTTAGE PIE</b> Fresh minced beef cooked with onions and carrots in stock and topped with a mashed potato and baked in the oven until golden	<b>PASTA BOLOGNAISE</b> Minced beef cooked with onions, garlic, tomatoes, mushrooms and herbs and served on a bed of pasta	<b>ROAST OF THE DAY</b> Home roasted boneless leg of pork served with roast potatoes, seasonal vegetables, apple sauce and gravy	<b>MINCE &amp; ONION PIE</b> Fresh minced beef cooked slowly with onions and carrots in stock until a rich gravy is formed, then topped with a pastry lid and served with mashed potatoes	<b>BATTERED COD</b> A piece of cod fillet, hand battered and deep fried until crispy and served with chips
<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
<b>SAUSAGE &amp; MASH</b> Quality sausages baked in the oven and served on a bed of homemade mashed potatoes and red onion gravy	<b>BEEF HOTPOT</b> Chunks of fresh beef, onions and carrots topped with sliced potatoes and cooked slowly in stock and served with red cabbage	<b>CHEESE, PEPPER &amp; TOMATO PASTA</b> Pasta spirals covered in a tomato and red pepper sauce, topped with cheese and baked in the oven and served with salad	<b>CHICKEN TIKKA MASALA</b> Pieces of fresh chicken cooked with onions, spices, tomatoes and yogurt, served on a bed of rice with Naan bread	<b>HOT WRAPS</b> Tortilla wraps filled with a selection of hot fillings and served with chips
<b>VEGETARIAN OPTION</b>				
<b>BROCCOLI &amp; CAULI CHEESE BAKE</b> Florets of broccoli and cauli covered in a homemade cheese sauce, topped with cheese and baked in the oven until golden and served with salad	<b>VEGETABLE BURRITOS</b> A flour tortilla filled with seasonal vegetables, Quorn and rice cooked in a spicy tomato sauce, topped with cheese and baked in the oven and served with salad	<b>CHEESE &amp; TOMATO QUICHE</b> A pastry case filled with eggs, onions and milk, baked in the oven and then topped with more cheese and tomato and baked again, served with salad	<b>VEGETARIAN SHEPHERDS PIE</b> Veggie mince cooked with onions, carrots, tomatoes, Worcestershire sauce and herbs in stock and topped with a mashed potato	<b>PIZZA FINGERS</b> Homemade pizza cut into fingers: choose from cheese and tomato or pepper and mushroom
Creamed Potatoes Green Beans	Diced Potatoes Peas	Roast Potatoes Broccoli and Carrots	New Potatoes Cauliflower and Broccoli	Chips Mushy Peas and Baked Beans
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