

SPRING MENU 2019



Week 1

Week commencing: 18/03/2019

Monday	Tuesday	Wednesday	Thursday	Friday
Spinach, Sweet Potatoes Curry with Rice, Naan Bread	Beef Lasagne served with Garlic Bread	Pork Sausage, Mash Potatoes, Gravy, Peas	Beef Meatballs in Tomato Sauce, Penne Pasta	Cod Fish Fingers with Potatoes and Baked Beans
Tomato and Cheese Pizza, House Salad	Tomato Basil Fusilli Pasta, Green Beans	Vegetarian Sausage, Mash Potatoes, Gravy	Jacket Potato Bar: Tuna, Beans, Cheese, Coleslaw	Mac and Jack
Chicken Caesar Salad Sandwich	Mozzarella, Tomato Baguette	Tuna Salad Sandwich	Ham and Cheese Salad Baguette	Salmon and Cream Cheese Bagel
Fresh Cut Fruit,Greek Yogurt, Granola	Fresh Cut Fruit,Greek Yogurt, Dried Fruit	Fruit Salad, Cheese and Crackers	Fresh Cut Fruit, Greek Yogurt, Granola	Fruit Salad, Cheese and Crackers

Week 2

Week commencing: 25/03/2019

Monday	Tuesday	Wednesday	Thursday	Friday
Mexican Quorn Chilli Con Carne, Rice Nachos, Salsa, Guacamole	Roast Chicken and Gravy, New Potatoes, Peas	Ham Carbonara, Peas, Garlic Bread	Beef Burger in Bun served with Corn on the Cob	Cod Fish Fingers with Potatoes and Baked Beans
Classic Tomato Spaghetti, Parmesan, Garlic Bread	Quorn Chipolata Sausages, New Potatoes, Peas	Tex-Mex, Cheese, Quesadilla Nachos	Bean Burger in Bap, Corn on Cob	Quorn Nugget with Potatoes
Cheese and Salad Baguette	Tuna and Sweet Corn Rolls	Chicken and Salad Sandwich	Meatball Wrap	Ham and Cheese Salad Baguette
Fresh Cut Fruit,Greek Yogurt, Granola	Fresh Cut Fruit,Greek Yogurt, Dried Fruit	Fruit Salad, Cheese and Crackers	Fresh Cut Fruit, Greek Yogurt, Granola	Fruit Salad, Cheese and Crackers

Week 3

Week commencing: 1/04/2019

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Tomato Pasta, Garlic Bread	Chicken and Vegetable Curry, Rice, Nann Bread	Pork Sausages Hot Dogs, New Potatoes, Peas	Chicken Goujons in Tortilla, Corn and Cob, Nachos	Cod Fish Fingers with Potatoes and Baked Beans
Margarita Pizza, Mozzarella Tomato Salad	Quorn Meatballs in Tomato Sauce and Penne Pasta	Vegetarian Sausage in Bun, New Potatoes	Quorn Dippers in Tortilla, Corn & Cob, Nacho's	Mac and Jack, Baked Beans
Mozzarella, Tomato Baguette	Chicken Caesar Salad Sandwich	Tuna, Cucumber Baguette	Ham and Cheese Sandwich	Falafel Hummus Wrap
Fresh Cut Fruit,Greek Yogurt, Granola	Fresh Cut Fruit,Greek Yogurt, Dried Fruit	Fruit Salad, Cheese and Crackers	Fresh Cut Fruit, Greek Yogurt, Granola	Fruit Salad, Cheese and Crackers

Vegetarian option

AVAILABLE DAILY: Salad bar (tomatoes, cucumber, lettuce, carrot sticks, olives, peppers, sweetcorn), Fruit slice (melon, watermelon, orange, banana, apple), Fruit salad (blueberry, raspberry, grapes, mandarins, peach), Fresh milk with biscuits, Seasonal Vegetables, Yeo® organic yoghurt, Cheese & Crackers