

# MENU CYCLE WEEK ONE

SERVED WEEK COMMENCING:  
31ST OCTOBER • 21ST NOVEMBER • 12TH DECEMBER  
5TH JANUARY • 23RD JANUARY • 20TH FEBRUARY • 13TH MARCH

## MONDAY



Sausages with optional Onion Gravy and Potato Wedges  
OR Wallace and Gromit BBQ Pasta (V) with Garlic Bread

DESSERT CHOICE: Fresh Fruit Salad with Shortbread Biscuit, Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Cheese Roll



## TUESDAY



Beef Bolognese with Wholemeal Spaghetti  
OR Cheese and Onion Pasty (V) with Diced Potatoes

DESSERT CHOICE: Apple Crumble with Custard, Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Chicken Baguette 

## WEDNESDAY



ROAST  
WEDNESDAY

Roast Chicken with Sage and Onion Stuffing and Roast Potatoes or Pasta Choice  
OR Roast Quorn Fillet (V) with Roast Potatoes or Pasta Choice

DESSERT CHOICE: Chocolate and Mandarin Sponge with Chocolate Sauce, Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Ham Baguette 

## THURSDAY



Shepherd's Pie with Creamed Potatoes  
OR Vegetarian Toad in the Hole (V) with Creamed Potatoes

DESSERT CHOICE: Iced Fruit Smoothie, Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Tuna Roll

## FRIDAY



FRUITY  
FRIDAY!

Oven Baked Battered Fish Fillet with Low Fat Chips or Pasta Choice OR Cheese and Tomato Pizza (V) with Low Fat Chips or Pasta Choice

DESSERT CHOICE: Mini Gingerbread and Fresh Fruit, Yoghurt, Fresh Fruit or Cheese and Biscuits

COLD OPTION: Free Range Egg Roll

EXAMPLES  
OF OUR COLD  
OPTIONS:



GRAVY AND CUSTARD ARE ALWAYS AVAILABLE SEPARATELY WHEN ON THE MENU