

Wk 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Pasta al Forno Salmon & Broccoli in Dill sauce -o0o- Thai Green Vegetable Curry	Beef Chilli -o0o- Quorn Burritos	Roast Chicken -o0o- Hot Terrine of Roasted Vegetables	Lamb Moussaka -o0o- Lentil & Feta Moussaka	Crisp Battered Fish -o0o- Mozzarella, Tomato & Basil Quiche
Vegetables	Green Beans Carrots Rice	Broccoli Green Salad Rice	Braised Red Cabbage Peas Roast Potatoes	Carrots Sweetcorn Potato Wedges	Garden Peas Chips Cauliflower
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Snack Option	Jerk Chicken Drumstick with Rice	Marguerita Pizza Slice (V)	Macaroni Cheese (V)	Spiced Chicken Pattie	Pasta with Tomato & Herb Sauce (v)
Desserts	Apple Crumble with Custard	Lemon Sponge with Custard	Orange Bread & Butter Pudding with Custard	Jam Roly-Poly Suet Pudding with Custard (Vegetarian suet)	Steamed Chocolate Pudding with Hot Chocolate Sauce

We look forward to seeing you!

Marine Stewardship Council Details


Web Site. www.msc.org Chain of Custody Registration Code MML-C-1009
Menu subject to variation



Wk 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Butchers Special Sausages -o0o- Vegetarian Sausages (V)	Chicken & Mushroom Lasagne -o0o- Macaroni Leek & Cheese	Lamb Dahl -o0o- Chickpea Korma (V)	Sweet & Sour Turkey -o0o- Hoi Sin Stir fried Vegetables (V)	Crisp Battered Fish -o0o- Frittata (V)
Vegetables	Savoy Cabbage Carrots Herb Scented Mash	Broccoli Sweetcorn Garlic Slice	Cauliflower Curried Spinach Rice	Green Beans Steamed Carrots Noodles	Sweetcorn Peas Chips
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Snack Option	Pizza Slice (v)	Hot Dog	Hot Wrap Filled with Chicken, Mushroom & Cheddar	Pasta with Tomato & Basil Sauce (v)	Chicken Drumstick & Savoury Rice
Desserts	Fruit Crumble with Custard	Banana Cake with Custard	Apple Pie & Custard	Warm Chocolate Brownie	Pineapple Upside Down Cake

We look forward to seeing you!

Marine Stewardship Council Details

 Web Site. www.msc.org Chain of Custody Registration Code MML-C-1009
Menu subject to variation



Wk 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Beef Meatballs -o0o- Lentil Bolognese (V)	Chicken Biryani -o0o- Vegetable Jollof Rice (V)	Shepherds Pie -o0o- Roasted Squash Pie Topped with Cheesy Mash (V)	Piri Piri Chicken -o0o- Chunky Ratatouille (V)	Crisp Battered Fish -o0o- Mushroom & Mixed Pepper Stroganoff (V)
Vegetables	Green Beans Carrots Spaghetti	Peas Sweetcorn Naan Bread	Broccoli Cauliflower Roast Potatoes	Sweetcorn Courgette Garlic Mash	Peas Carrots Chips
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Snack	Chicken Drum Stick & Rice	Pasta with Tomato & Herb Sauce (V)	Chicken Jollof (v)	Spicy Chicken Wrap	Pizza Slice
Desserts	Apple Crumble with Custard	Steamed Chocolate Pudding with Hot Chocolate Sauce	Banoffee Pie	Marbled Lemon Sponge with Custard	Fruit Flapjack with Custard

We look forward to seeing you!

Marine Stewardship Council Details

Web Site. www.msc.org Chain of Custody Registration Code MML-C-1009
Menu subject to variation

