



# Summer/Autumn Menu 2012

## Week 1

16th April, 14th May, 18th June, 16th July, 3rd September, 1st October

A selection of seasonal vegetables served daily

### MONDAY

Mildly curried beef with fluffy rice and chorta naan OR Cheesy macaroni bake (v)



Summer fruit crumble with cream

### TUESDAY

Pork and apple grill with gravy OR Quorn roast with gravy (v) with potato wedges in skins



Chocolate crunchy shortbread with hot strawberry sauce

### WEDNESDAY

Roast chicken breast with Yorkshire pudding and gravy OR Vegetarian toad in the hole (v) with roast or parsley potatoes



Strawberry jelly and fruit

### THURSDAY

Sausages and mashed potatoes with gravy OR Vegemince curry with rice and naan (v)



Fruit muffin with glass of milk

### FRIDAY

Fish in breadcrumbs with tomato ketchup OR Vegetarian meatballs in tomato and basil sauce (v) with chunky chips or pasta



Raspberry ice cream sponge

## Week 2

23rd April, 21st May, 25th June, 10th September, 8th October

Also available for dessert: Fresh or dried fruit pots, or Yoghurt

### MONDAY

Wallace and Gromit pasta Bolognese OR Spicy bean burger (v) with potato wedges



Victoria jam sponge finger

### TUESDAY

Aberdeen Angus beef burger in bap with jacket potato OR Jacket potato with baked beans and cheese (v) or salmon mayo



Oat crunch with custard

### WEDNESDAY

Roast pork with Yorkshire pudding and gravy OR Vegetarian sausage and bean goulash (v) with roast or mashed potatoes



Peach and strawberry Sundae

### THURSDAY

Favourite chicken pie OR Cheese and tomato pizza (v) with new potatoes



Syrup and sultana cookie and glass of milk

### FRIDAY

Breaded small fry fish with tomato ketchup OR Country oven omelette (v) with chunky chips or pasta



Fruit rippled ice cream

## Week 3

30th April, 28th May, 2nd July, 17th September, 15th October

Fresh wholemeal bread available every day

### MONDAY

BBQ chicken with rice OR Wallace and Gromit tomato and basil pasta (v)



Chocolate marble cake with hot chocolate sauce

### TUESDAY

Toad in the hole with jacket potato OR Jacket potato with cheese and baked beans (v)



Lemon crumble slice with custard

### WEDNESDAY

Roast turkey OR Tasty bean bake with Yorkshire pudding and gravy (v) with roast or parsley potatoes



Strawberry and chocolate dessert

### THURSDAY

Beef and potato pie with cheesy thatch OR Spring vegetable and new potato bake (v)



Fruit salad with honey and yoghurt

### FRIDAY

Breaded fish with tomato sauce OR Sticky Quorn sausage (v) with chunky chips or pasta



Peach melba

## Week 4

7th May, 11th June, 9th July, 24th September, 22nd October

Fresh help yourself salad bar available to accompany all meals

### MONDAY

Mild chilli con carne OR Cheese and onion pin wheels (v) with jacket potato or rice



Iced bun

### TUESDAY

Chicken breast in bap OR Vegetarian burger in bap with tomato ketchup (v) with potato wedges in skins



Oaty flapjack with custard

### WEDNESDAY

Roast beef OR Country cheese bakes with Yorkshire pudding and gravy (v) with roast or mashed potatoes



Apple and strawberry mousse

### THURSDAY

Honey roast ham and pineapple OR Cheese and tomato pizza (v) with new potatoes



Healthy style carrot cake with yoghurt and honey topping

### FRIDAY

Breaded fish or salmon with tomato ketchup OR Mexican bean wrap (v) with chunky chips or pasta



Sticky toffee ice cream

Vegetables may vary from those shown in the photographs

Traditional

(v) vegetarian