

| <b>Ten Day Favourite Menu</b>   | <u>Week 1:</u><br>Sept: 4 <sup>th</sup> /18 <sup>th</sup><br>Oct: 2 <sup>nd</sup> 16 <sup>th</sup><br>Nov: 6 <sup>th</sup> /20 <sup>th</sup><br>Dec: 4 <sup>th</sup> /18 <sup>th</sup> | <u>Week 2:</u><br>Sept: 11/25<br>Oct: 9 <sup>th</sup> /30 <sup>th</sup><br>Nov: 13 <sup>th</sup> /27 <sup>th</sup><br>Dec: 11 <sup>th</sup>                               | Alternative Option:<br>(Please order)                      |
|---------------------------------|--|---|--|
| <b>Meat Free/Organic Monday</b> | Quorn Tikka Masala & Brown Rice<br>Broccoli & Sweetcorn<br>Herbie Bread<br>.....<br>Sticky Toffee Pudding & Custard<br>Fresh Fruit OR Yoghurt  | Organic Meatballs in Tomato Sauce with Noodles<br>Sweetcorn & Peas<br>Wholemeal Bread<br>.....<br>Arctic Roll & Peaches<br>Fresh Fruit OR Yoghurt                         | Jacket Potato -<br>Either Plain or with<br>Cheese or Beans |
| <b>Beef Tuesday</b>             | Minced Beef & Dumplings<br>Peas & Carrots<br>Creamed Potatoes<br>Crusty White Bread<br>.....<br>Custard Cookie & Apple Wedge<br>Fresh Fruit OR Yoghurt                                 | Tex Mex Bake<br>(Minced Beef & Potato Layer)<br>Green Salad & Tomato Salsa<br>Poppy Seed Bread<br>.....<br>Autumn Marble Berry Sponge & Custard<br>Fresh Fruit OR Yoghurt | Jacket Potato -<br>Either Plain or with<br>Cheese or Beans |
| <b>Pork Wednesday</b>           | Homemade Sausage Roll<br>Chipped Potatoes<br>Baked Beans & Peas<br>Sliced Wholemeal Bread<br>.....<br>Strawberry Yoghurt & Abbey Biscuit<br>Fresh Fruit OR Yoghurt                     | Roast Pork, Stuffing & Gravy<br>Carrots & Green Beans<br>Parsley Potatoes<br>Herbie Bread<br>.....<br>Krispie Date Crunch<br>Fresh Fruit OR Yoghurt                       | Jacket Potato -<br>Either Plain or with<br>Cheese or Beans |
| <b>Chicken Thursday</b>         | Chicken Fingers (Sage & Onion)<br>Mixed Salad with Beetroot<br>Baked Potatoes<br>Pitta Bread<br>.....<br>Pineapple Shortcake & Custard<br>Fresh Fruit OR Yoghurt                       | Chicken Korma and Savoury Rice<br>Broccoli & Cauliflower<br>Nann Bread<br>.....<br>Fruity Gingerbread & Custard<br>Fresh Fruit OR Yoghurt                                 | Jacket Potato -<br>Either Plain or with<br>Cheese or Beans |
| <b>Fish Friday</b>              | Battered Fish<br>Tomato Sauce<br>Peas & Carrot Sticks<br>Potato Wedges<br>Sunflower Seed Bread<br>.....<br>Chocolate Crispie & Orange Quarter<br>Fresh Fruit OR Yoghurt                | Fish Fingers with a Salmon Nibble<br>Sweetcorn & Baked Beans<br>Chipped Potatoes<br>Wholemeal Bread<br>.....<br>Apple Cake<br>Fresh Fruit OR Yoghurt                      | Jacket Potato -<br>Either Plain or with<br>Cheese or Beans |

Please Note: All jacket potatoes will be served with vegetables and a pudding.

Very occasionally due to circumstances beyond our control it may be necessary to change the menu.