



# Three choice menu

## Monday

Tuna & Sweetcorn Pasta Bake with Garlic Bread  
 Cheese & Tomato Pasta Bake with Garlic Bread (V)  
 Cheese / tuna / beans / coleslaw jacket potato  
 Chocolate Mousse/break with Sliced Orange  
 Yoghurt - selection of flavours  
 Fruit

## Tuesday

Chicken Korma with Rice  
 Vegetable Korma with Rice (V)  
 Leek & Potato Soup  
 Tuna / cheese / ham / egg / filled roll  
 Strawberry Jelly & Fruit  
 Yoghurt - selection of flavours  
 Fruit

## Wednesday

All Day Breakfast - Scrambled Egg Sausage, Hash Brown & Beans  
 Vegetarian Breakfast - Scrambled Egg, Quorn Sausage, Hash Brown & Beans (V)  
 Cheese / tuna / beans / coleslaw jacket potato  
 Chef's Quocake of Choice  
 Yoghurt - selection of flavours  
 Fruit

## Thursday

Roast Chicken, Mash, Stuffing, Carrot, Broccoli & Gravy  
 Quorn Filler, Mash, Stuffing, Carrot, Broccoli & Gravy  
 Knorr Cream of Chicken Soup  
 Tuna / cheese / ham / egg / panini  
 Arctic Roll  
 Yoghurt - selection of flavours  
 Fruit

## Friday

Fish Fingers, Chips & Peas (musty or garden)  
 Veggie Fingers, Chips & Peas (musty or garden) (V)  
 Cheese / tuna / beans / coleslaw jacket potato  
 Fruit Flapjack  
 Yoghurt - selection of flavours  
 Fruit

### Week one

Contains Eggs, Fish, Quorn, Wheat, Milk, Soy  
 Contains Eggs, Fish, Quorn, Wheat, Milk, Soy

### Week two

Cheese & Chorizo Pizza with Wedges & Beans  
 Vegetarian Pizza with Wedges & Beans  
 Cheese / tuna / beans / coleslaw jacket potato  
 Fruit Lilly Ice  
 Yoghurt - selection of flavours  
 Fruit

Spagghetti Bolognese & Garlic Bread  
 Quorn Mince & Mash with Carrots, Peas & Gravy (V)  
 Knorr Cream of Chicken Soup  
 Tuna / cheese / ham / egg / filled roll  
 Strawberry Mousse/break with Sliced Strawberries  
 Yoghurt - selection of flavours  
 Fruit

Chicken Wrap with Salad & Coleslaw  
 Quorn wrap with Salad & Coleslaw  
 Cheese / tuna / beans / coleslaw jacket potato  
 Cookie  
 Yoghurt - selection of flavours  
 Fruit

Roast Turkey, Mash, Carrots, Peas & Gravy  
 Toad in the Hole, Yorkshire Pudding  
 Quorn Sausage, Mash, Carrots, Peas & Gravy  
 Tomato & Basil Soup  
 Tuna / cheese / ham / egg / panini  
 Jelly & Fruit  
 Yoghurt - selection of flavours  
 Fruit

Harry Ramsden's Fish Filler, Chips & Peas (musty or garden)  
 Quorn Sausage with Chips & Beans  
 Cheese / tuna / beans / coleslaw jacket potato  
 Brownie  
 Yoghurt - selection of flavours  
 Fruit

### Week three

Cheese & Ham Panini with Wedges & Salad  
 Cheese & Tomato Panini with Wedges & Salad  
 Cheese / tuna / beans / coleslaw jacket potato  
 Cookie & Milkshake  
 Yoghurt - selection of flavours  
 Fruit

Chilli & Rice with Sweetcorn  
 Quorn Chilli & Rice (V) with Sweetcorn  
 Leek & Potato Soup  
 Tuna / cheese / ham / egg / filled roll  
 Fruit Muffin  
 Yoghurt - selection of flavours  
 Fruit

Lasagne with Garlic Bread & Salad  
 Macaroni Cheese with Garlic Bread (V)  
 Cheese / tuna / beans / coleslaw jacket potato  
 Fruit Lilly Ice  
 Yoghurt - selection of flavours  
 Fruit

Roast Beet with Roast Potatoes, Carrot, Peas, Yorkshire Pudding & Gravy  
 Quorn Filler, Mash, Stuffing, Carrot, Peas & Gravy (V)  
 Tomato & Basil Soup  
 Tuna / cheese / ham / egg / panini  
 Peaches & Cream  
 Yoghurt - selection of flavours  
 Fruit

Harry Ramsden's Fish Filler, Chips & Peas (musty or garden) (V)  
 Quorn Dippers, Chips & Peas (musty or garden) (V)  
 Cheese / tuna / beans / coleslaw jacket potato  
 Banoffee Frozen Yoghurt with Sliced Bananas  
 Yoghurt - selection of flavours  
 Fruit

Available daily: Water, milk and fruit juice.

Vegetarian

April 2022						
M	T	W	T	F	S	S
25	26	27	28	29	30	
May 2022						
M	T	W	T	F	S	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
June 2022						
M	T	W	T	F	S	S
1	2	3	4	5		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
July 2022						
M	T	W	T	F	S	S
1	2	3				
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
August 2022						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
September 2022						
M	T	W	T	F	S	S
1	2	3	4			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
October 2022						
M	T	W	T	F	S	S
1	2					
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Week One Week Two Week Three

