

WEEK ONE

**28 FEB
28 MAR**

**HOT LUNCH MENU
SPRING 2011**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	**Fish Cakes with Diced Potatoes	100 % Beef Burger in a Bun with Jacket Wedges	Roast Chicken with Mashed Potato	Smoked Turkey & Tomato Pizza with Pasta	◦ Lasagne with Garlic Bread
VEGETARIAN	Vegetable ◦ Lasagne with Diced Potatoes	Sweet Potato & Chick Pea Curry with Jacket Wedges	Vegetarian Sausages with Mashed Potato	Vegetarian Bolognese with Pasta	Spinach & Tomato ◦ Bake with Garlic Bread
^s JACKET POTATO	BBQ Beans (H) (V)	◦ Cheese (V)	Tuna Mayonnaise	Baked Beans (H) (V)	Wholemeal Spaghetti Hoops & ◦ Cheese (H) (V)
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Crunchy Salad
DESSERT OF THE DAY	Apple & Oatmeal Cookie	Vanilla Sponge with Chocolate Custard	Yoghurt	Fruity Shortbread	Date & Treacle Sponge with Custard
A selection of locally sourced, fresh fruit is offered daily					

^s Served with a Portion of Sunflower Spread

(V) Vegetarian
(H) Hot Topping

*Pork Product
◊ Free Range Eggs



WEEK THREE

14 MAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Roast Turkey with Mashed Potato	Pepperoni Pizza with Pasta	Chicken Pie with New Potatoes	Breaded Fish with Oven Chips	Beef Pasta Bolognese with Garlic Bread
VEGETARIAN	◦ Cheesy ◊ Omelette with Mashed Potato	Smokey Beans & Pitta Bread with Pasta	Vegetarian Sausages with New Potatoes	Meat Free Burger in a Bun with Oven Chips	Baked Bean ◦ Lasagne with Garlic Bread
^s JACKET POTATO	Baked Beans (H) (V)	◦ Cheese (V)	Tuna Mayonnaise	Coleslaw (V)	Chicken Mayonnaise
VEGETABLES	Seasonal Vegetables	Crunchy Salad	Seasonal Vegetables	Baked Beans	Seasonal Vegetables
DESSERT OF THE DAY	Yoghurt	Mixed Fruit Crumble with Custard	Cranberry Cookie	Sticky Apple & Sultana Sponge with Custard	Apple & Caramel Flapjack
A selection of locally sourced, fresh fruit is offered daily					

WEEK TWO

**7 MAR
4 APR**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Mild Chicken Curry with Rice	Roast Beef with Herby Potatoes	◦* Sausages with Mashed Potato	**Fish Fingers with Diced Potatoes	Savoury Minced Beef with Giant Yorkshire Pudding
VEGETARIAN	Butter Bean Ragu with Rice	Cheese & Tomato Pizza with Herby Potatoes	Vegetable Grill with Mashed Potato	◦ Cheese & Leek Gratin with Diced Potatoes	Savoury Quorn & Vegetables with Giant Yorkshire Pudding
^s JACKET POTATO	Baked Beans (H) (V)	Salmon in Tomato Sauce (H)	◦ Cheese (V)	Coleslaw (V)	Wholemeal Spaghetti Hoops & ◦ Cheese (H) (V)
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Baked Beans	Seasonal Vegetables	Seasonal Vegetables
DESSERT OF THE DAY	Iced Cherry Brownie	Cheese & Crackers	Golden Flapjack	Mixed Fruit Sponge with Chocolate Custard	Strawberry Rice Pudding
A selection of locally sourced, fresh fruit if offered daily					

**This product comes from a fishery which has been certified to the Marine Stewardship Council's environmental standard for a well-managed and sustainable fishery

To ensure quality of dishes it may be necessary to occasionally offer suitable alternative products to those shown on this menu

WEEK FOUR

21 MAR

Although our menus are nut free (excluding coconut), we cannot guarantee against airborne traces, please call our customer services line for further information

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	*Baked Ham with New Potatoes	Turkey Meatballs with Pasta	**Fish Fingers with Oven Chips	Chicken Korma Curry with Rice	◦* Sausages with Mashed Potato
VEGETARIAN	Vegetarian Parcel with New Potatoes	Spinach & Tomato Pizza with Pasta	Cheesy Pickle Ploughman's Wrap with Oven Chips	Sweet & Sour Vegetables with Rice	Free Range Egg ◊ Omelette with Mashed Potato
^s JACKET POTATO	◦ Cheese (V)	Salmon in Tomato Sauce (H)	Baked Beans (H) (V)	Wholemeal Spaghetti Hoops & ◦ Cheese (H) (V)	Coleslaw (V)
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Crunchy Salad	Seasonal Vegetables	Baked Beans
DESSERT OF THE DAY	Fromage Frais	Apple Crumble with Custard	Lemon Curd Tart	Chocolate Sponge with Custard	Blueberry Muffin
A selection of locally sourced, fresh fruit is offered daily					