

Week 1 Menu – Weeks commencing 09/04/18, 30/04/18, 21/05/18, 18/06/18, 09/07/18

Choices	Monday	Tuesday	Wednesday	Thursday	Friday
Main course one	Quorn Sausages in Onion Gravy	Italian Style Shepherd's Pie	Roast Beef and Yorkshire Pudding	Pork Meatballs in a Tomato Sauce	Bread crumbed cod
Vegetarian dishes	Macaroni Cheese	Veggie Mince Shepherd's Pie	Cheese and Onion Quiche	Vegetable Lasagne	Chilli Bean Quesadilla
Vegetable choice	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Mushy peas pea's Beans
Appropriate choice of potato, rice or noodles	Roasted new potatoes	Spiced Sauté potatoes	Roasted Potatoes	Rice New potatoes	Chips
Dessert	Fresh Fruit Salad	Lemon Drizzle Cake	Fruit Smoothies	Mandarins in Orange jelly	Vanilla Ice Cream Fruit Sauce

