

Menus week commencing 21<sup>st</sup> June 2021

|                                    | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>  |
|------------------------------------|---|---|--|--|--|
| <b>Breakfast</b>                   | Bacon<br>Scrambled Eggs<br>Hash Browns                                      | Breakfast Bagels  | Sausage<br>Baked Beans<br>Potato Waffles   | Breakfast Tortilla Wrap  | Bacon<br>Poached Eggs<br>Baked Beans                                     |
| <b>Breakfast (Everyday Items)</b>  | Cereals, Toast & Preserves<br>Porridge & Fruit Juice                        | Cereals, Toast & Preserves<br>Porridge & Fruit Juice                          | Cereals, Toast & Preserves<br>Porridge & Fruit Juice                               | Cereals, Toast & Preserves<br>Porridge & Fruit Juice   | Cereals, Toast & Preserves<br>Porridge & Fruit Juice                     |
| <b>Morning Snack</b>               | Fresh Fruit or Chocolate &<br>Banana Smoothie                               | Fresh Fruit or<br>Jam & Coconut Slice   | Fresh Fruit or<br>Ham & Cheese Bagel<br>2 <sup>nd</sup> Snack – Fresh Fruit        | Fresh Fruit or Sweet Potato<br>& Cinnamon Bread  | Fresh Fruit or<br>Fruit Teacake  |
| <b>Soup of the Day</b>             | Butternut Squash &<br>Rosemary  | Spiced Sweet Potato   | Cream of Cauliflower   | Simple Tomato  | Carrot, ginger & Coriander   |
| <b>Main Meal</b>                   | Savoury Mince with peas,<br>carrots & onions                                | BBQ Chicken with Peppers,<br>Onions & Carrots                                 | Rustic Tomato Pasta<br>Creamy Spinach Pasta Bake                                   | Roast Ham with Gravy<br>(Roast chicken for non pork<br>eaters)                                   | Breaded Pollock Fillet,<br>Lemon & Tartare Sauce                         |
| <b>Vegan &amp; Vegetarian Main</b> | Vegan Savoury Mince<br>cooked with Peas, Carrots &<br>Onions                | BBQ Vegetables  | Rustic Tomato Pasta (GF)   | Quorn Roast  | Vegan Fishless Finger  |
| <b>Gluten Free Offer</b>           | Savoury Mince with peas,<br>carrots & onions                                | BBQ Chicken with Peppers,<br>Onions & Carrots                                 | Rustic Tomato Pasta (GF)   | Roast Ham with Gravy<br>(Roast Chicken for non pork<br>eaters)                                   | Grown up Fish:<br>Pollock, Cherry tomatoes,<br>garlic, lemon & olive oil |
| <b>Vegetables</b>                  | Green Beans<br>Cauliflower  | Sweetcorn<br>Roast Butternut Squash   | Steamed Broccoli<br>Caesar Salad   | Savoy Cabbage<br>Sliced Carrots  | Steamed Peas<br>Mushy Peas   |
| <b>Potato, Rice, Bread</b>         | Rosemary Roasted New<br>Potatoes  | Braised Rice  | Garlic Bread   | Roast Potatoes   | Chipped Potatoes   |
| <b>Alternative Main</b>            | Creamy Penne Pasta<br>Peas & Ham  | Jacket Potatoes <u>W</u> Beans  | Baked Vegetable Samosa,<br>Mint Yoghurt, Tomato Salad                              | Jacket Potatoes <u>W</u> Beans   | Gnocchi with Pesto &<br>Parmesan   |
| <b>Salad</b>                       | Shaker Pots<br>Salad Boxes<br>Crudites                                      | Shaker Pots<br>Salad Boxes<br>Crudites  | Shaker Pots<br>Salad Boxes<br>Crudites   | Shaker Pots<br>Salad Boxes<br>Crudites   | Shaker Pots<br>Salad Boxes<br>Crudites                                   |
| <b>Dessert</b>                     | Cinnamon Apple Crumble<br>Custard Pots<br>Fresh Fruit                       | Bread & Butter Pudding<br>Fresh Fruit   | Yoghurt or Jelly<br>Fresh Fruit  | Strawberry Meringue Pot<br>Fresh Fruit   | Sticky Ginger Cake<br>Fresh Fruit  |
| <b>Supper</b>                      | Lamb Burger or Mushroom<br>Brioche Bun, Greek Salad,<br>Minted New Potatoes | Chilli Con Carne, Warm<br>Tortilla Chips, Spiced Sweet<br>Potato, Mixed Salad | Pulled Cajun Chicken<br>Potato Wedges, Creamy<br>Slaw, Tomato & Coriander<br>Salad | Mac & Cheese served with<br>Broccoli, Garlic & Parmesan<br>New Potatoes, Warm Olive<br>Oil Bread | N/A  |
| <b>Supper Dessert</b>              | Fresh Fruit Salad & Cream   | Double Chocolate Brownie<br>& Cream   | Traditional Shortbread   | White Chocolate &<br>Cranberry Flapjack  |  |

NB: Sometimes it may be necessary to make a change to the published menu due to deliveries and availability of ingredients.