

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		WEEK ONE	OPTION 1	Baked Sausages	Roast Chicken Fillet	Mince Beef Lasagne with Garlic bread
02/11/09 23/11/09 14/12/09 18/01/10 08/02/10 08/03/10	OPTION 2	Macaroni Cheese	Quorn Dippers	Cheese & Tomato Pizza	Quorn Moussaka	Cheese & Onion Quiche
VEGETABLES & CARBOHYDRATES	Mashed Potato Baked beans & Green Beans	Roast Potatoes Peas & Carrots	Jacket Wedges Mixed Salad	Rice Broccoli & Sweet corn	Chips Peas & Baked Beans	
JACKET POTATO OPTION	Jacket Potato with Baked beans	Jacket Potato with tuna	Jacket Potato with Mince Bolognaise Sauce	Jacket Potato with Cheese	Jacket Potato with Baked Beans and Cheese	
DESSERT	Strawberry Ice Cream Roll	Apple Crumble with Custard	Orange Cheesecake	Chocolate Sponge with Chocolate Custard	Rice Crispie Cake	

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		WEEK TWO	OPTION 1	Shepherds Pie	Roast Pork Loin & Gravy	Mild Beef & Bean Chilli with Rice
09/11/09 30/11/09 04/01/10 25/01/10 22/02/10 15/03/10	OPTION 2	Cauliflower Cheese	Vegetable Sausage Casserole	Pasta with Tomato Sauce	Mushroom Casserole	Vegetable Pie
VEGETABLES & CARBOHYDRATES	½ jacket Potato Peas & Carrots	Roast Potatoes Broccoli & Diced Swede	Mixed Salad	Mashed Potato Savoy Cabbage & Sweet Corn	Chips Baked Beans & Peas	
JACKET POTATO OPTION	Jacket Potato with Baked Beans	Jacket Potato with Tuna	Jacket Potato with Savoury Mince	Jacket Potato with Cheese	Jacket Potato with Baked Beans and Cheese	
DESSERT	Cookie	Strawberry Mousse	Jelly	Lemon Curd Sponge with lemon Sauce	Chocolate Sponge with Chocolate Sauce	

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		WEEK THREE	OPTION 1	Freshly Made Beef Burger in a Roll	Roast Chicken & Gravy	Spaghetti Bolognaise
16/11/09 07/12/09 11/01/10 01/02/10 01/03/10 22/03/10	OPTION 2	Quorn Balls with Tomato Sauce	Cauliflower & Broccoli Cheese	Vegetable Lasagne	Cheese & Tomato Pizza	Vegetable Nuggets
VEGETABLES & CARBOHYDRATES	Jacket Wedges Broccoli Florets & Carrots	Roast potatoes Cabbage & Diced Swede	Sliced Green Beans & Sweetcorn	Baked Beans & Peas	Chips Baked Beans & Peas	
JACKET POTATO OPTION	Jacket Potato with Baked Beans	Jacket Potato with Tuna	Jacket Potato with mince bolognaise	Jacket Potato with cheese	Jacket Potato with Beans and Cheese	
DESSERT	Pineapple Upside Down Cake with Custard	Strawberry Jelly	Jam Tart & Custard	Apple Pie & Custard	Sticky Toffee Pudding with Custard	

Fresh Fruit, Yoghurts, Salad Crudités and Freshly Baked Bread are served daily