



Menu week 1 (commencing 31/10, 28/11, 09/01, 06/02, 13/03)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish Choice	Italian Fish Fillet with Herby Tomato Sauce & Mashed Potatoes*	Tuna Wrap with Salad & Mayonnaise	White Fish Bake with Roast or Boiled Potatoes	Creamy Cod & Salmon Potato Bake*	Fish Fingers with Potato Wedges
Meat Choice	Sausages & Onion Gravy with Mashed Potatoes	Lamb & Vegetable Tikka Masala with Rice*	Roast Chicken & Stuffing* with Roast or Boiled Potatoes*	Cottage Pie (Beef)*	
Vegetarian Choice	Spanish Omelette* with Wholemeal Baguette & Salad	Vegetarian Lasagne*	Roast Vegetable Pie with Roast or Boiled Potatoes*	Cheese & Tomato Pizza	Mixed Bean Burrito with Salsa & Potato Wedges*
Vegetable Selection	Cook's Vegetable Selection	Cook's Vegetable Selection	Fresh Seasonal Vegetables	Cook's Vegetable Selection	Peas Baked Beans
Dessert	Strawberry & Vanilla Mousse	Apple Crumble & Custard*	Rice Pudding with Jam*	Chocolat� & Orange Sponge with Chocolate Sauce*	Fruit Jelly & Ice Cream

*Indicates home made dish

Menu week 2 (commencing 07/11, 05/12, 16/01, 13/02, 20/03)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish Choice	Salmon, Broccoli & Sweetcorn Pasta Bake*	Jacket Potato with Tuna & Sweetcorn	Crunchy Cod Crumble & Cheese Sauce with Roast or Boiled Potatoes*	Coat Fish Curry with Rice*	Fish Fillet in Batter with Chips or Mashed Potatoes
Meat Choice	Beef Burger in a Bun with Salad	Chilli Con Carne (Beef) with Rice & Tortilla*	Roast Lamb with Roast or Boiled Potatoes*	Spaghetti Bolognese (Beef)*	
Vegetarian Choice	Chick Pea & Potato Curry with Rice*	Quorn Frankfurter Hot Dog Roll with Onions	Quorn Casserole with Roast or Boiled Potatoes*	Two Cheese Wholemeal Hoagie Melt with Peppers & Onions*	Cheese & Onion Slice with Chips or Mashed Potatoes
Vegetable Selection	Cook's Vegetable Selection	Cook's Vegetable Selection	Fresh Seasonal Vegetables	Cook's Vegetable Selection	Peas Baked Beans
Dessert	Raspberry Ripple Ice Cream Sponge Roll	Spiced Banana Cake & Custard*	Orange & Mango Fruit Smoothie	Oat & Raisin Cookie	Fruit Salad & Yoghurt Ice Cream

*Indicates home made dish

Menu week 3 (commencing 14/11, 12/12, 23/01, 27/02, 27/03)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish Choice	Tuscan Tuna Pasta Bake*	Cod Fillet in Parsley Sauce with Mashed Potatoes*	White Fish Bake with Roast or Boiled Potatoes	Fish Korma with Rice*	Fish Fingers with Potato Wedges
Meat Choice	Piri Piri Chicken with Rice*	BBQ Sausages with Mashed Potatoes	Roast Turkey & Stuffing with Roast or Boiled Potatoes*	Lasagne (Beef)*	
Vegetarian Choice	Tomato & Pepper Pizza	Vegetarian Shepherd's Pie*	BBQ Quorn Burger in a Bun with Roast or Boiled Potatoes*	Mediterranean Vegetable & Mixed Bean Pasta Bake*	Vegetarian Chilli with Rice or Potato Wedges*
Vegetable Selection	Cook's Vegetable Selection	Cook's Vegetable Selection	Fresh Seasonal Vegetables	Cook's Vegetable Selection	Peas Baked Beans
Dessert	Chocolate Mousse	Dorset Apple Cake with Custard*	Fruit Flapjack & Creme Fraiche*	Orange & Lemon Sponge with Custard*	Fruit Jelly & Ice Cream

*Indicates home made dish

Menu week 4 (commencing 21/11, 03/01, 30/01, 06/03)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish Choice	Fisherman's Pie with Mashed Potato Topping*	Jacket Potatoes with Tuna & Sweetcorn	Baked Lemon & Herb Cod Fillet with Roast or Boiled Potatoes*	Cod & Salmon Biryani*	Fish in Batter with Chips or Mashed Potatoes
Meat Choice	Southern Seasoned Chicken with Mashed Potatoes*	Lamb & Vegetable Jolloff Rice*	Roast Beef with Roast or Boiled Potatoes*	Meatballs with Pasta & Tomato & Basil Sauce*	
Vegetarian Choice	Butternut Squash Macaroni Cheese*	Vegetarian Spaghetti Bolognese*	Wholemeal Leek & Tomato Quiche with Roast or Boiled Potatoes*	Quorn & Sweet Potato Curry with Rice*	Quorn, Cauliflower & Broccoli Bake*
Vegetable Selection	Cook's Vegetable Selection	Cook's Vegetable Selection	Fresh Seasonal Vegetables	Cook's Vegetable Selection	Peas Baked Beans
Dessert	Chocolate Sponge Ice Cream Roll	Peach & Pear Crumble with Custard*	Fruit Cheesecake*	Raspberry & Coconut Sponge with Custard*	Scotch Pancakes with Fruit & Ice Cream

*Indicates home made dish