FOI.12477 - Attachment 7

NGCI (week 1)	
Monday Section: Starters Orange Juice	
Orange Juice Butternut squash soup	
Section: Main Choices Lamb casserole	
2 x Chicken Portion (hot or cold) Ham (cold sliced) Grilled white fish	
2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	
Cheese Omelette (V) Plain Omelette (V)	
Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V)	
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomate	o sauce (V)
Section: Potatoes / Rice Jacket Potato Boiled Potatoes	
Chipped Potatoes Mashed Potato	
Boiled Rice	
Section: Jacket potato filling Baked beans Tura Maria	
Tuna Mayo Cheese	
Section: Vegetables Sliced carrots	
Cabbage	
Section: Accompaniments Gravy	
Curry sauce Parsley sauce	
Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V)	
Ham Sandwich on White Chicken sandwich on white	
Chicken sandwich on Brown Tuna sandwich on Brown Tuna sandwich on white	
Tuna sandwich on white Cheese Sandwich on Brown (V) Ham Sandwich on brown	
Section: Salads (served with coleslaw, offer choice of potato)	
Cheese Salad (V) Chicken Salad	
Ham Salad Tuna salad Smalkad Maskaral Salad	
Smoked Mackerel Salad Roll and butter	
Section: Dessert Hot Sticky Toffee Pudding	
Cold Lemon Tart Hot Apple & Cinnamon Crumble	
Hot Rice Pudding Cold Chocolate & Coconut Tart	
Fruit Pot Fresh Fruit Strawberry fruit yoghurt	
Vanilla yoghurt Jelly (with ice cream)	
Extras	
Ice cream Custard	
Cream	
Friday Section: Starters	
Friday Section: Starters Orange Juice Mushroom soup	
Section: Starters Orange Juice Mushroom soup Section: Main Choices	
Section: Starters Orange Juice Mushroom soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold)	
Section: Starters Orange Juice Mushroom soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish	
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Section: Starters	Section: Starters
Orange Juice	Orange Juice
Tomato soup	Cauliflower and apple soup
Section: Main Choices	Section: Main Choices
Roast pork	Steak and mushroom casserole
2 x Chicken Portion (hot or cold)	2 x Chicken Portion (hot or cold)
Ham (cold sliced) (Weight)	Ham (cold sliced) (Weight)
Grilled white fish	Grilled white fish
2 x Sausages	2 x Sausages
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	Steak and Mushroom Casserole, with potatoes
Cheese Omelette (V)	Cheese Omelette (V)
Plain Omelette (V)	Plain Omelette (V)
Quiche (Cheese and leek) (V)	Quiche (Cheese and leek) (V)
/egan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V)	Vegan Provençale Vegetable Bake, with potatoe
/egan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V)	Vegan Spicy Bean Casserole, with potato wedg
Section: Potatoes / Rice	Section: Potatoes / Rice
acket Potato	Jacket Potato
oiled Potatoes	Boiled Potatoes
Chipped Potatoes	Chipped Potatoes
Mashed Potato	Mashed Potato
oiled Rice	Boiled Rice
Section: Jacket potato filling	Section: Jacket potato filling
Baked beans	Baked beans
Tuna Mayo	Tuna Mayo
Cheese	Cheese
Section: Vegetables	Section: Vegetables
Sliced carrots	Mixed vegetables
Swede	Sprouts
Section: Accompaniments	Section: Accompaniments
Gravy	Gravy
Curry sauce	Curry sauce
Parsley sauce	Parsley sauce
Section: Sandwiches (Please choose 1 item)	Section: Sandwiches (Please choose 1 item)
Cheese Sandwich on White (V)	Cheese Sandwich on White (V)
Ham Sandwich on White	Ham Sandwich on White
Chicken sandwich on white	Chicken sandwich on white
Chicken sandwich on Brown	Chicken sandwich on Brown
Funa sandwich on Brown	Tuna sandwich on Brown
Tuna sandwich on white	Tuna sandwich on white
Cheese Sandwich on Brown (V)	Cheese Sandwich on Brown (V)
Ham Sandwich on brown	Ham Sandwich on brown
Section: Salads (served with coleslaw, offer choice of potato)	Section: Salads (served with coleslaw, offer
Cheese Salad (V)	Cheese Salad (V)
Chicken Salad	Chicken Salad
Ham Salad	Ham Salad
Funa salad	Tuna salad
Smoked Mackerel Salad	Smoked Mackerel Salad
Roll and butter	Roll and butter
Section: Dessert	Section: Dessert
Hot Sticky Toffee Pudding	Hot Sticky Toffee Pudding
Cold Lemon Tart	Cold Lemon Tart
Hot Apple & Cinnamon Crumble	Hot Apple & Cinnamon Crumble
Hot Rice Pudding	Hot Rice Pudding
Cold Chocolate & Coconut Tart	Cold Chocolate & Coconut Tart
Fruit Pot	Fruit Pot
Fresh Fruit	Fresh Fruit
Strawberry fruit yoghurt	Strawberry fruit yoghurt
/anilla yoghurt	Vanilla yoghurt
Jelly (with ice cream)	Jelly (with ice cream)
Extras	Extras
ce cream	Ice cream
Custard	Custard
Cream	Cream
Saturday Section: Starters Orange Juice Leek and potato soup	Su Section: Starters Orange Juice Tomato soup
Section: Main Choices	Section: Main Choices
Lamb hotpot	Roast beef
2 x Chicken Portion (hot or cold)	2 x Chicken Portion (hot or cold)
Ham (cold sliced) (Weight)	Ham (cold sliced) (Weight)
Grilled white fish	Grilled white fish
2 x Sausages	2 x Sausages
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	Steak and Mushroom Casserole, with potatoes
Cheese Omelette (V)	Cheese Omelette (V)
Plain Omelette (V)	Plain Omelette (V)
Quiche (Cheese and leek) (V)	Quiche (Cheese and leek) (V)
/egan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V)	Vegan Provençale Vegetable Bake, with potatoe
/egan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V)	Vegan Spicy Bean Casserole, with potato wedg
Section: Potatoes / Rice	Section: Potatoes / Rice
Jacket Potato	Jacket Potato
Boiled Potatoes	Boiled Potatoes
Chipped Potatoes	Chipped Potatoes
Mashed Potato	Mashed Potato
Boiled Rice	Boiled Rice
Section: Jacket potato filling Baked beans	Section: Jacket potato filling Baked beans
Funa Mayo	
·	Tuna Mayo Cheese
Cheese Section: Vegetables Green beans	
Cheese Section: Vegetables Green beans Swede Section: Accompaniments Gravy	Cheese Section: Vegetables Carrot batons Cabbage Section: Accompaniments Gravy
Cheese Section: Vegetables Green beans Swede Section: Accompaniments Gravy Curry sauce	Cheese Section: Vegetables Carrot batons Cabbage Section: Accompaniments
Cheese Section: Vegetables Green beans Swede Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White	Cheese Section: Vegetables Carrot batons Cabbage Section: Accompaniments Gravy Curry sauce Parsley sauce
Cheese Section: Vegetables Green beans Swede Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on white Chicken sandwich on Brown Funa	Cheese Section: Vegetables Carrot batons Cabbage Section: Accompaniments Gravy Curry sauce Parsley sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on White Chicken sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown
Cheese Section: Vegetables Green beans Swede Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on White Chicken sandwich on Brown Funa sandwich on Brown Cuna sandwich on Brown Cheese Sandwich on Brown Cuna sandwich on Brown Chaese Sandwich on brown Section: Salads (served with coleslaw, offer choice of potato)	Cheese Section: Vegetables Carrot batons Cabbage Section: Accompaniments Gravy Curry sauce Parsley sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on White Chicken sandwich on white Chicken sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Section: Salads (served with coleslaw, offer
Cheese Section: Vegetables Green beans Swede Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on Brown Funa sandwich on Brown Cheese Sandwich on Brown Cheese Sandwich on Brown Cheese Sandwich on Brown Funa sandwich on Brown Funa sandwich on Brown Cheese Sandwich on	Cheese Section: Vegetables Carrot batons Cabbage Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on White Chicken sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Section: Salads (served with coleslaw, offer Cheese Salad (V) Chicken Salad
Cheese Section: Vegetables Green beans Swede Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White (V) Ham Sandwich on White Chicken sandwich on Brown Funa sandwich on Brown Funa sandwich on Brown Cheese Salad (V) Chicken Salad Ham Salad Funa salad Smoked Mackerel Salad	Cheese Section: Vegetables Carrot batons Cabbage Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Section: Salads (served with coleslaw, offer Cheese Salad (V)
Cheese Section: Vegetables Green beans Swede Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on white Chicken sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Cheese Sandwich on Brown Cheese Sandwich on brown Section: Salads (served with coleslaw, offer choice of potato) Cheese Salad (V) Chicken Salad Ham Salad Tuna salad Smoked Mackerel Salad Roll and butter Section: Dessert Hot Sticky Toffee Pudding	Cheese Section: Vegetables Carrot batons Cabbage Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on White Chicken sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Section: Salads (served with coleslaw, offer Cheese Salad (V) Chicken Salad Ham Salad Tuna salad Smoked Mackerel Salad Roll and butter Section: Dessert Hot Sticky Toffee Pudding
Cheese Section: Vegetables Green beans Swede Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Tam Sandwich on White (V) Tam Sandwich on White Chicken sandwich on Brown Funa sandwich on Brown Funa sandwich on Brown Funa sandwich on Brown Section: Salads (served with coleslaw, offer choice of potato) Cheese Salad (V) Chicken Salad Tuna salad Smoked Mackerel Salad Roll and butter Section: Tessert Tot Sticky Toffee Pudding Cold Lemon Tart Tot Apple & Cinnamon Crumble	Cheese Section: Vegetables Carrot batons Cabbage Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on White Chicken sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown (V) Ham Sandwich on brown Section: Salads (served with coleslaw, offer Cheese Salad (V) Chicken Salad Ham Salad Tuna salad Smoked Mackerel Salad Roll and butter Section: Dessert Hot Sticky Toffee Pudding Cold Lemon Tart Hot Apple & Cinnamon Crumble
Cheese Section: Vegetables Green beans Swede Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on Brown Chicken sandwich on Brown Chas andwich on Brown Chas andwich on Brown Chas Sandwich on Brown Chas Sandwich on Brown Cheese Sandwich on Brown Chas Sandwich on Brown Chas Sandwich on Brown Cheese Sandwich on Sandwich on Brown Cheese Sandwich on Brown C	Cheese Section: Vegetables Carrot batons Cabbage Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on White Chicken sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown (V) Ham Sandwich on brown Section: Salads (served with coleslaw, offer Cheese Salad (V) Chicken Salad Ham Salad Tuna salad Smoked Mackerel Salad Roll and butter Section: Dessert Hot Sticky Toffee Pudding Cold Lemon Tart Hot Rice Pudding Cold Chocolate & Coconut Tart Fruit Pot Fresh Fruit
Cheese Section: Vegetables Green beans Swede Swede Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on Brown Una sandwich on brown Section: Salads (served with coleslaw, offer choice of potato) Cheese Salad (V) Chicken Salad Ham Salad Tuna salad Smoked Mackerel Salad Roll and butter Section: Dessert	Cheese Section: Vegetables Carrot batons Cabbage Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on White Chicken sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Section: Salads (served with coleslaw, offer Cheese Salad (V) Chicken Salad Ham Salad Tuna salad Smoked Mackerel Salad Roll and butter Section: Dessert Hot Sticky Toffee Pudding Cold Lemon Tart Hot Apple & Cinnamon Crumble Hot Rice Pudding Cold Chocolate & Coconut Tart Fruit Pot
heese ection: Vegetables reen beans wede ection: Accompaniments ravy urry sauce arsley sauce ection: Sandwiches (Please choose 1 item) heese Sandwich on White (V) am Sandwich on White (V) am Sandwich on White hicken sandwich on white hicken sandwich on Brown una sandwich on Brown una sandwich on Brown una sandwich on Brown una sandwich on brown ection: Salads (served with coleslaw, offer choice of potato) heese Salad (V) hicken Salad una s	Cheese Section: Vegetables Carrot batons Cabbage Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please choose 1 item Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on White Chicken sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Section: Salads (served with coleslaw, offer Cheese Salad (V) Chicken Salad Ham Salad Tuna salad Smoked Mackerel Salad Roll and butter Section: Dessert Hot Sticky Toffee Pudding Cold Lemon Tart Hot Apple & Cinnamon Crumble Hot Rice Pudding Cold Chocolate & Coconut Tart Fruit Pot Fresh Fruit Strawberry fruit yoghurt Vanilla yoghurt

Ice cream Custard

uay
d veg in a red wine sauce
and veg in a tomato sauce (V) and veg served in a spicy tomato sauce (V)
oice of potato)
day
d veg in a red wine sauce
and veg in a tomato sauce (V) and veg served in a spicy tomato sauce (V)
noice of potato)
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ioice of potato)
Ioice of potato)
Ioice of potato)
noice of potato)

Tuesday	Wednesday	
e	Section: Starters Orange Juice	Section: Orange
o nin Choices	Cauliflower and apple soup Section: Main Choices	Vegetab Section
Portion (hot or cold)	Steak and mushroom casserole 2 x Chicken Portion (hot or cold)	Roast C 2 x Chic
iced) (Weight) fish	Ham (cold sliced) (Weight) Grilled white fish	Ham (co Grilled w
lushroom Casserole, with potatoes and veg in a red wine sauce	2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	2 x Saus Steak ar
elette (V) tte (V) eese and leek) (V)	Cheese Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V)	Cheese Plain On Quiche (
ençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) v Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V)	Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V)	Vegan P Vegan S
tatoes / Rice	Section: Potatoes / Rice	Section
to oes	Jacket Potato Boiled Potatoes	Jacket P Boiled P
atoes ato	Chipped Potatoes Mashed Potato	Chipped Mashed
cket potato filling	Boiled Rice Section: Jacket potato filling	Boiled R Section
S	Baked beans Tuna Mayo	Baked b Tuna Ma
	Cheese	Cheese
getables ts	Section: Vegetables Mixed vegetables	Section Sliced ca
	Sprouts	
companiments	Section: Accompaniments Gravy Curry sauce	Section Gravy Curry sa
ce	Parsley sauce	Parsley
ndwiches (Please choose 1 item) Indwich on White (V)	Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V)	Section: Cheese
ich on White dwich on white	Ham Sandwich on White Chicken sandwich on white	Ham Sar Chicken
dwich on Brown ich on Brown ich on white	Chicken sandwich on Brown Tuna sandwich on Brown Tuna sandwich on white	Chicken Tuna sar Tuna sar
idwich on Brown (V)	Cheese Sandwich on Brown (V) Ham Sandwich on brown	Cheese Ham Sar
lads (served with coleslaw, offer choice of potato)	Section: Salads (served with coleslaw, offer choice of potato)	Section
ad (V) ad	Cheese Salad (V) Chicken Salad	Cheese Chicken
	Ham Salad Tuna salad Susaka d Maskaash Salad	Ham Sal Tuna sal
ckerel Salad er	Smoked Mackerel Salad Roll and butter	Smoked Roll and
offee Pudding	Section: Dessert Hot Sticky Toffee Pudding	Section: Hot Stick
Tart Cinnamon Crumble	Cold Lemon Tart Hot Apple & Cinnamon Crumble	Cold Ler Hot Appl
dding ate & Coconut Tart	Hot Rice Pudding Cold Chocolate & Coconut Tart	Hot Rice Cold Cho
	Fruit Pot Fresh Fruit	Fruit Pot Fresh Fr
ruit yoghurt urt e cream)	Strawberry fruit yoghurt Vanilla yoghurt Jelly (with ice cream)	Strawbe Vanilla y
	Extras	Jelly (wit Extras
	Ice cream Custard	Ice crea Custard
	Cream	Cream
Saturday	Sunday	
arters e tato soup	Section: Starters Orange Juice Tomato soup	
nin Choices	Section: Main Choices	
Portion (hot or cold)	Roast beef 2 x Chicken Portion (hot or cold)	
iced) (Weight) fish	Ham (cold sliced) (Weight) Grilled white fish	
es Iushroom Casserole, with potatoes and veg in a red wine sauce	2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	
elette (V) tte (V) eese and leek) (V)	Cheese Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V)	
ençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) v Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V)	Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V)	
statoes / Rice	Section: Potatoes / Rice	
to oes	Jacket Potato Boiled Potatoes	
atoes ato	Chipped Potatoes Mashed Potato	
	Boiled Rice	
cket potato filling s	Section: Jacket potato filling Baked beans Tuna Mayo	
	Cheese	
getables S	Section: Vegetables Carrot batons	
	Cabbage	
companiments	Section: Accompaniments Gravy	
ce	Curry sauce Parsley sauce	
ndwiches (Please choose 1 item) ndwich on White (V)	Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V)	
ich on White idwich on white	Ham Sandwich on White Chicken sandwich on white	
idwich on Brown ich on Brown	Chicken sandwich on Brown Tuna sandwich on Brown	
ich on white ndwich on Brown (V)	Tuna sandwich on white Cheese Sandwich on Brown (V) Ham Sandwich on brown	
ich on brown Iads (served with coleslaw, offer choice of potato)	Ham Sandwich on brown Section: Salads (served with coleslaw, offer choice of potato)	
ad (V) ad	Cheese Salad (V) Chicken Salad	
	Ham Salad Tuna salad	
ckerel Salad er	Smoked Mackerel Salad Roll and butter	
essert	Section: Dessert	
offee Pudding Tart	Hot Sticky Toffee Pudding Cold Lemon Tart	
Cinnamon Crumble dding ate & Coconut Tart	Hot Apple & Cinnamon Crumble Hot Rice Pudding Cold Chocolate & Coconut Tart	
	Fruit Pot Fresh Fruit	
ruit yoghurt urt	Strawberry fruit yoghurt Vanilla yoghurt	
e cream)	Jelly (with ice cream)	
	Extras Ice cream	
	Custard Cream	

Thursday Section: Stortoro
Section: Starters Orange Juice
Vegetable soup
Section: Main Choices
Roast Chicken
2 x Chicken Portion (hot or cold)
Ham (cold sliced) (Weight)
Grilled white fish
2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Cheese Omelette (V)
Plain Omelette (V)
Quiche (Cheese and leek) (V)
Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V)
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V)
Section: Potatoes / Rice Jacket Potato
Boiled Potato
Chipped Potatoes
Mashed Potato
Boiled Rice
Section: Jacket potato filling
Baked beans Tuna Mayo
Cheese
Section: Vegetables
Sliced carrots
Cabbage
Section: Accompaniments
Gravy
Curry sauce
Parsley sauce
•
Section: Sandwiches (Please choose 1 item)
Cheese Sandwich on White (V)
Ham Sandwich on White Chicken sandwich on white
Chicken sandwich on Brown
Tuna sandwich on Brown
Tuna sandwich on white
Cheese Sandwich on Brown (V)
Ham Sandwich on brown
Section: Salads (served with coleslaw, offer choice of potato)
Cheese Salad (V) Chicken Salad
Ham Salad
Tuna salad
Smoked Mackerel Salad
Roll and butter
Section: Dessert
Hot Sticky Toffee Pudding Cold Lemon Tart
Hot Apple & Cinnamon Crumble
Hot Rice Pudding
Cold Chocolate & Coconut Tart
Fruit Pot
Fresh Fruit
Strawberry fruit yoghurt
Vanilla yoghurt
Jelly (with ice cream)
Extras
lce cream
Custard
Cream

NGCI (week 2)
Monday Section: Starters Orange Juice Carrot and coriander soup
Section: Main Choices Chicken and ham casserole 2 x Chicken Portion (hot or cold)
Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V) Plain Omelette (V)
Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V)
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Section: Potatoes / Rice
Jacket Potato Boiled Potatoes Chipped Potatoes
Mashed Potato Boiled Rice
Section: Jacket potato filling Baked beans Tuna Mayo
Cheese Section: Vegetables
Peas Swede
Section: Accompaniments Gravy Curry sauce
Parsley sauce Section: Sandwiches (Please choose 1 item)
Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on white
Chicken sandwich on Brown Tuna sandwich on Brown Tuna sandwich on white
Cheese Sandwich on Brown (V) Ham Sandwich on brown
Section: Salads (served with coleslaw, offer choice of potato) Cheese Salad (V) Chicken Salad
Ham Salad Tuna salad Smoked Mackerel Salad
Roll and butter Section: Dessert
Hot Sticky Toffee Pudding Cold Lemon Tart Hot Apple & Cinnamon Crumble
Hot Rice Pudding Cold Chocolate & Coconut Tart Fruit Pot
Fresh Fruit Strawberry fruit yoghurt Vanilla yoghurt
Jelly (with ice cream) Extras
Ice cream Custard Cream
Friday
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V)
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Section: Potatoes / Rice Jacket Potato
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Section: Potatoes / Rice Jacket Potato Boiled Potatoes Chipped Potatoes Mashed Potato
Friday Section: Starters Orange Juice Vegetable soup Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Section: Potatoes / Rice Jacket Potato Boiled Potatoes Chipped Potatoes Mashed Potato Boiled Rice Section: Jacket potato filling
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V) Plain Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Section: Potatoes / Rice Jacket Potato Boiled Potatoes Chipped Potatoes Mashed Potato Boiled Rice
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Section: Potatoes / Rice Jacket Potato Boiled Potatoes Chipped Potatoes Mashed Potato Boiled Rice Section: Jacket potato filling Baked beans Tuna Mayo
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Section: Potatoes / Rice Jacket Potato Boiled Potatoes Chipped Potatoes Mashed Potato Boiled Rice Section: Jacket potato filling Baked beans Tuna Mayo Cheese Cheese Section: Vegetables Mushy peas Section: Accompaniments Gravy Curry sauce
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold silced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Provençale Vegetable Bake, with potatoes and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole Jacket Potato Boiled Potatoes Mashed Potato Boiled Rice Section: Jacket potato filling Baked beans Tuna Mayo Cheese Section: Vegetables Mushy peas Section: Accompaniments Gravy Curry sauce
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold Siced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Section: Potatoes / Rice Jacket Potato Boiled Potatoes Boiled Potatoes Cheese Boiled Rice Section: Jacket potato filling Baked beans Cheese Section: Lacket potato filling Section: Accompaniments Gravy Curry sauce
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V) Cheese Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Section: Potatoes / Rice Boiled Potatoes Boiled Potatoes Chipped Potatoes Boiled Potatoes Boiled Potatoes Soction: Jacket potato filling Baked beans Baked beans Tuna Mayo Cheese Cheese Section: Accompaniments Gravy Curry sauce Parsley sauce Parsley sauce Parsley sauce Section: Sandwich on White (V)
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 X Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Gilled white fish 2 X Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V) Quiche (Cheese and leek) (V) Vegan Spicy Bean Casserole, with potatoes and veg in a tomato sauce (V) Vegan Spicy Bean Casserole, with potatoes and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V) Section: Potatoes / Rice Jacket Potato Jacket Potato Boiled Potatoes Mashed Potatoes Chipped Potatoes Mashed Potatoe Boiled Rice Section: Jacket potato filling Baked beans Tuna Mayo Cheese Cheese Section: Accompaniments Gravy Gravy Curry sauce Parsley sauce Parsley sauce Section: Sandwichon White (V) Ham Sandwich on White Cheese sandwich on Whi
Fiday Section: Starters Orange Julice Vegetable soup Section: Main Choices Breaded pollock 2 X Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled while fish 2 X Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Spicy Bean Casserole, with potatoes and veg in a tomato sauce (V) Vegan Spicy Bean Casserole, with potatoes and veg served in a spicy tomato sauce (V) Vegan Provençale Vegetable Bake, with potatoes Boiled Potatoes Chipped Potatoes Mashed Potato Boiled Potatoes Mashed Potato Boiled Rice Section: Jacket potato filling Baked beans Tuna Mayo Cheese Section: Vegetables Mushy peas Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White Chicken sandwich on Brown Tuna sandwich
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 Section: Main Choices Breaded pollock 2 2 X Chicken Portion (hot or cold) 1 Ham (cold sliced) (Weight) Grilled while fish 2 X Sausages Casserole, with potatoes and veg in a red wine sauce Cheese Ornelette (V) Quiche (Cheese and leek) (V) Vegan Spicy Bean Casserole, with potatoes and veg in a tomato sauce (V) Vegan Spicy Bean Casserole, with potatoes and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potatoes and veg served in a spicy tomato sauce (V) Vegan Spicy Bean Casserole, with potatoes and veg served in a spicy tomato sauce (V) Section: Potatoes / Rice Jacket Potato Boiled Potatoes Chipped Potatoes Mashed Potato Boiled Rice Section: Jacket potato filling Baked beans Tuna Mayo Cheese Sandwich on White Cheese Sandwich on White Cheese Sandwich on White Gravy Curry sauce Parsley sauce Section: Sandwich on White Chicken sandwich on Whit
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded politok Section: Main Choices Breaded politok 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled while fish 2 x Susages Stak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Ornelette (V) Pain Ornelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Provençale Vegetable Bake, with potato wedges and veg served in a spicy tomato sauce (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Provençale Vegetable Bake, with potatoes and veg served in a spicy tomato sauce (V) Vegan Provençale Vegetable Bake, with potatoes and veg served in a spicy tomato sauce (V) Vegan Provençale Vegetable Bake, with potatoes and veg served in a spicy tomato sauce (V) Section: Stacket potato filling Baked beans Tuna sald Cheese
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Ornelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Provençale Vegetable Bake, with potatoes and veg served in a spicy tomato sauce (V) Vegan Provençale Vegetables Mashed Potatoes Chigge Potatoes Mashed Potato Boiled Potatoes Mashed Potato Boiled Rice Section: Jacket potato filling Baket beans Tuna Mayo Cheese Section: Kacompaniments Grany Curry sauce Parsley sauce Parsley sauce Parsley sauce Parsley sauce Section: Sandwich on Whitle Chickens andwich on Whit
Friday Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded polock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Stak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V) Diuble (Chese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Provençale Vegetable Bake, with potatoes and veg served in a spicy formato sauce (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegan Provençale Vegetables Boiced Proteos Rection: Potatoes Boiled Potatoe Diaded Potatoes Diaded Potatoes Boiled Rice Section: Jacket Potato filling Baked beans Tune Mayo Chry sauce Section: Saceropaniments Gravy Carry sauce Section: Accompaniments Gravy Carry sauce Section: Sandwich on White (V) Hem Sandwich on White Hem Sandwich on Brown Tuna sandwich on White Cheese Sandwich on Brown Tuna sandwich on Brown Tuna sandwich on Brown Tuna san
Friday Soction: Starters Orange Juice Vegetable soup Soction: Main Choices Breaded policok 2 x Chicken Portion (hot or cold) Ham (cold sloced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Ombette (V) Plain Omelette (V) Outrich (Cheese and leek) (V) Vegetable Bake, with potatoes and veg in a tomato sauce (V) Vegen Provençale Vegetable Bake, with potatoes and veg served in a spicy tomato sauce (V) Vagen Provençale Vegetable Bake, with potatoes and veg served in a spicy tomato sauce (V) Vegetables Boiled Potatoes Boiled Potatoes Boiled Rice Soction: Jacket potato filling Baked Deams Tuna Mayo Chryse Sauce Section: Accompaniments Gray Quiry sauce Parsley sauce Section: Sadwiches (Please choose 1 tem) Cheese Sandwich on White (V) Ham Sandwich on White Chicken sandwich on White Chicken sandwich on Sorwn (V)

	Tuesday
Section: Starters Orange Juice	rucsuay
Leek and potato soup	
Section: Main Choices	
Cottage pie 2 x Chicken Portion (hot or cold)	
Ham (cold sliced) (Weight) Grilled white fish	
2 x Sausages Steak and Mushroom Casserole, w	vith potatoes and veg in a red wine
Cheese Omelette (V) Plain Omelette (V)	
Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake	with potatoes and veg in a tomat
Vegan Spicy Bean Casserole, with	
Section: Potatoes / Rice Jacket Potato	
Boiled Potatoes Chipped Potatoes	
Mashed Potato	
Boiled Rice	
Section: Jacket potato filling Baked beans	
Tuna Mayo Cheese	
Section: Vegetables	
Mixed vegetables Sprouts	
Section: Accompaniments	
Gravy Curry sauce	
Parsley sauce	
Section: Sandwiches (Please ch Cheese Sandwich on White (V)	oose 1 item)
Ham Sandwich on White Chicken sandwich on white	
Chicken sandwich on Brown Tuna sandwich on Brown	
Tuna sandwich on white Cheese Sandwich on Brown (V)	
Ham Sandwich on brown	
Section: Salads (served with col Cheese Salad (V)	eslaw, offer choice of potato)
Chicken Salad	
Ham Salad Tuna salad	
Smoked Mackerel Salad Roll and butter	
Section: Dessert	
Hot Sticky Toffee Pudding Cold Lemon Tart	
Hot Apple & Cinnamon Crumble Hot Rice Pudding	
Cold Chocolate & Coconut Tart Fruit Pot	
Fresh Fruit Strawberry fruit yoghurt	
Vanilla yoghurt Jelly (with ice cream)	
Extras	
Ice cream Custard	
Croom	
Cream	
	Saturday
Section: Starters Orange Juice	Saturday
Section: Starters Orange Juice Pea and mint soup	Saturday
Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF)	Saturday
Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF) 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight)	Saturday
Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF) 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages	
Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF) 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, w Cheese Omelette (V)	
Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF) 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, w Cheese Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V)	vith potatoes and veg in a red wine
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Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF) 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, w Cheese Omelette (V) Plain Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake Vegan Spicy Bean Casserole, with Section: Potatoes / Rice Jacket Potato Boiled Potatoes	vith potatoes and veg in a red wine
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Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF) 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, w Cheese Omelette (V) Plain Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake Vegan Spicy Bean Casserole, with Section: Potatoes / Rice Jacket Potato Boiled Potatoes Chipped Potatoes Mashed Potato Boiled Rice Section: Jacket potato filling Baked beans Tuna Mayo	vith potatoes and veg in a red wine
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Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF) 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, w Cheese Omelette (V) Plain Omelette (V) Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake Vegan Spicy Bean Casserole, with Section: Potatoes / Rice Jacket Potato Boiled Potatoes / Rice Jacket Potato Boiled Potatoes Chipped Potatoes Chipped Potatoes Mashed Potato Boiled Rice Section: Jacket potato filling Baked beans Tuna Mayo Cheese Section: Vegetables Carrots Green beans Section: Accompaniments Gravy Curry sauce Parsley sauce Section: Sandwiches (Please ch Cheese Sandwich on White Chicken sandwich on Brown Tuna sandwich on brown Section: Salads (served with co Cheese Salad (V) Chicken Salad Ham Salad Tuna salad Smoked Mackerel Salad Roll and butter Section: Dessert Hot Sticky Toffee Pudding Cold Lemon Tart Hot Apple & Cinnamon Crumble Hot Rice Pudding Cold Chocolate & Coconut Tart Fruit Pot Fresh Fruit Strawberry fruit yoghurt	vith potatoes and veg in a red wine e, with potatoes and veg in a tomat potato wedges and veg served in oose 1 item)
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nato sauce (V)
nato sauce (V) in a spicy tomato sauce (V)
ne sauce
ne sauce nato sauce (V) in a spicy tomato sauce (V)

Monday	Tuesday	Wednesday
Section: Starters	Section: Starters	Section: Starters
Orange Juice Carrot and coriander soup	Orange Juice Leek and potato soup	Orange Juice Mushroom soup
Section: Main Choices	Section: Main Choices	Section: Main Choices
Chicken and ham casserole 2 x Chicken Portion (hot or cold)	Cottage pie 2 x Chicken Portion (hot or cold)	Roast pork 2 x Chicken Portion (hot or cold)
Ham (cold sliced) (Weight)	Ham (cold sliced) (Weight)	Ham (cold sliced) (Weight)
Grilled white fish	Grilled white fish	Grilled white fish
2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Cheese Omelette (V)	Cheese Omelette (V)	Cheese Omelette (V)
Plain Omelette (V)	Plain Omelette (V)	Plain Omelette (V)
Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V)	Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V)	Quiche (Cheese and leek) (V) Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V)
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V)	Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V)	Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V)
Section: Potatoes / Rice Jacket Potato	Section: Potatoes / Rice Jacket Potato	Section: Potatoes / Rice Jacket Potato
Boiled Potatoes	Boiled Potatoes	Boiled Potatoes
Chipped Potatoes	Chipped Potatoes	Chipped Potatoes
Mashed Potato Boiled Rice	Mashed Potato	Mashed Potato Boiled Rice
Bolled Rice	Boiled Rice	
Section: Jacket potato filling	Section: Jacket potato filling	Section: Jacket potato filling
Baked beans	Baked beans	Baked beans
Tuna Mayo Cheese	Tuna Mayo Cheese	Tuna Mayo Cheese
Section: Vegetables	Section: Vegetables	Section: Vegetables
Peas Swede	Mixed vegetables Sprouts	Carrots Cabbage
Section: Accompaniments	Section: Accompaniments	Section: Accompaniments
Gravy Curry sauce	Gravy Curry sauce	Gravy Curry sauce
Parsley sauce	Parsley sauce	Parsley sauce
Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V)	Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V)	Section: Sandwiches (Please choose 1 item) Cheese Sandwich on White (V)
Ham Sandwich on White	Ham Sandwich on White	Ham Sandwich on White
Chicken sandwich on white	Chicken sandwich on white	Chicken sandwich on white
Chicken sandwich on Brown	Chicken sandwich on Brown	Chicken sandwich on Brown
Tuna sandwich on Brown Tuna sandwich on white	Tuna sandwich on Brown Tuna sandwich on white	Tuna sandwich on Brown Tuna sandwich on white
Cheese Sandwich on Brown (V)	Cheese Sandwich on Brown (V)	Cheese Sandwich on Brown (V)
Ham Sandwich on brown	Ham Sandwich on brown	Ham Sandwich on brown
Section: Salads (served with coleslaw, offer choice of potato)	Section: Salads (served with coleslaw, offer choice of potato)	Section: Salads (served with coleslaw, offer choice of potato)
Cheese Salad (V)	Cheese Salad (V)	Cheese Salad (V)
Chicken Salad	Chicken Salad	Chicken Salad
Ham Salad Tuna salad	Ham Salad Tuna salad	Ham Salad Tuna salad
Smoked Mackerel Salad	Smoked Mackerel Salad	Smoked Mackerel Salad
Roll and butter	Roll and butter	Roll and butter
Section: Dessert	Section: Descart	Section: Descart
Section: Dessert Hot Sticky Toffee Pudding	Section: Dessert Hot Sticky Toffee Pudding	Section: Dessert Hot Sticky Toffee Pudding
Cold Lemon Tart	Cold Lemon Tart	Cold Lemon Tart
Hot Apple & Cinnamon Crumble	Hot Apple & Cinnamon Crumble	Hot Apple & Cinnamon Crumble
Hot Rice Pudding Cold Chocolate & Coconut Tart	Hot Rice Pudding Cold Chocolate & Coconut Tart	Hot Rice Pudding Cold Chocolate & Coconut Tart
Fruit Pot	Fruit Pot	Fruit Pot
Fresh Fruit	Fresh Fruit	Fresh Fruit
Strawberry fruit yoghurt	Strawberry fruit yoghurt	Strawberry fruit yoghurt
Vanilla yoghurt Jelly (with ice cream)	Vanilla yoghurt Jelly (with ice cream)	Vanilla yoghurt Jelly (with ice cream)
Extras	Extras	Extras
Ice cream Custard	Ice cream Custard	Ice cream Custard
Cream	Cream	Cream
Evide	Coturdour	
Friday Section: Starters	Saturday Section: Starters	Sunday Section: Starters
Section: Starters Orange Juice	Section: Starters Orange Juice	Section: Starters Orange Juice
Section: Starters	Section: Starters	Section: Starters
Section: Starters Orange Juice Vegetable soup	Section: Starters Orange Juice Pea and mint soup	Section: Starters Orange Juice Parsnip and rosemary soup
Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock	Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF)	Section: Starters Orange Juice Parsnip and rosemary soup Section: Main Choices Roast turkey
Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold)	Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF) 2 x Chicken Portion (hot or cold)	Section: Starters Orange Juice Parsnip and rosemary soup Section: Main Choices Roast turkey 2 x Chicken Portion (hot or cold)
Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight)	Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF) 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight)	Section: Starters Orange Juice Parsnip and rosemary soup Section: Main Choices Roast turkey 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight)
Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold)	Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF) 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages	Section: Starters Orange Juice Parsnip and rosemary soup Section: Main Choices Roast turkey 2 x Chicken Portion (hot or cold)
Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF) 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	Section: Starters Orange Juice Parsnip and rosemary soup Section: Main Choices Roast turkey 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V)	Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF) 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V)	Section: Starters Orange Juice Parsnip and rosemary soup Section: Main Choices Roast turkey 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce Cheese Omelette (V)
Section: Starters Orange Juice Vegetable soup Section: Main Choices Breaded pollock 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	Section: Starters Orange Juice Pea and mint soup Section: Main Choices Meatballs and gravy (GF) 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	Section: Starters Orange Juice Parsnip and rosemary soup Section: Main Choices Roast turkey 2 x Chicken Portion (hot or cold) Ham (cold sliced) (Weight) Grilled white fish 2 x Sausages Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
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Cream

Thursday
ection: Starters
ange Juice
omato soup
ection: Main Choices
eef casserole x Chicken Portion (hot or cold)
am (cold sliced) (Weight)
illed white fish
x Sausages
eak and Mushroom Casserole, with potatoes and veg in a red wine sauce
neese Omelette (V)
ain Omelette (V)
uiche (Cheese and leek) (V)
egan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce (V) egan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce (V)
gan spicy bean casserble, with polato wedges and veg served in a spicy tornato sauce (v)
ection: Potatoes / Rice
cket Potato
biled Potatoes
hipped Potatoes
ashed Potato
biled Rice
ection: Jacket potato filling
aked beans
ina Mayo
neese
ection: Vegetables
vede een beans
ection: Accompaniments
avy
urry sauce
arsley sauce
ection: Sandwiches (Please choose 1 item)
neese Sandwich on White (V)
am Sandwich on White
nicken sandwich on white
nicken sandwich on Brown
ina sandwich on Brown
ina sandwich on white
neese Sandwich on Brown (V)
am Sandwich on brown
ection: Salads (served with coleslaw, offer choice of potato)
neese Salad (V)
nicken Salad
am Salad
ina salad
noked Mackerel Salad
bll and butter
ection: Dessert
ot Sticky Toffee Pudding
old Lemon Tart
ot Apple & Cinnamon Crumble
ot Rice Pudding
old Chocolate & Coconut Tart
uit Pot esh Fruit
esh Fruit rawberry fruit yoghurt
anilla yoghurt
Ily (with ice cream)
(tras
e cream
ustard