

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
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
Boiled Rice
Section: Jacket potato filling
Baked beans
Tuna Mayo
Cheese
Section: Vegetables
Mushy peas
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

Tuesday
Section: Starters
Orange Juice
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, 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
Mixed vegetables
Sprouts
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

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
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
Carrots
Green beans
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

Wednesday
Section: Starters
Orange Juice
Mushroom soup
Section: Main Choices
Roast pork
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
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
Ice cream
Custard
Cream

Sunday
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)
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
Swede and carrot mix
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
Ice cream
Custard
Cream

Thursday
Section: Starters
Orange Juice
Tomato soup
Section: Main Choices
Beef 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
Swede
Green beans
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