

MENU CYCLE WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday
CHILLI, CHICKEN & GINGER SKEWERS Chicken skewers marinated in chilli and ginger and served on a bed of Egg Fried Style Rice	THAI SPICED CRUSTED PORK LOIN Pork loin topped with a crust of garlic, ginger, lime and honey then roasted in the oven and served with roasted rosemary potatoes	ROAST OF THE DAY Choose from our home roasted meat of the day served with roast potatoes, seasonal vegetables and gravy	CHICKEN FAJITA PASTA BAKE Chicken pieces cooked with onions, peppers and tomatoes and seasoned with Fajita seasoning, mixed with pasta and topped with cheese and baked in the oven	CHIPPY DAY Choose from a battered cod fillet battered, breaded fish fingers or a fishcake all baked in the oven and served with chips Barmcakes also available
OR	OR	OR	OR	OR
COTTAGE PIE Fresh minced beef cooked with onions and carrots in stock, then topped with a mashed potato	LASAGNE Minced beef cooked with onions, garlic, courgettes, leeks, peppers, tomatoes and herbs then layered between sheets of lasagne pasta and topped with a béchamel sauce	CHICKEN IN BLACKBEAN SAUCE Pieces of fresh chicken cooked with onions and green peppers in a black bean sauce and served on a bed of basmati rice	HOMEMADE FISHCAKES WITH SWEET CHILLI SAUCE Cooked salmon fillet mixed with mashed potato and made into fishcakes and coated in breadcrumbs and baked in the oven and served with a sweet chilli sauce	SAUSAGES IN ONION GRAVY Butcher's quality sausages baked in the oven and served in an onion gravy with chips
VEGETARIAN OPTION				
STUFFED FLATCAP MUSHROOM A flatcap mushroom stuffed with onions, garlic, leeks and cheese and baked in the oven and served on a bed of savoury rice	VEG CHILLI TORTILLA STACK Vegimince cooked with onions, tomatoes, peppers, red kidney beans and chilli powder, then layered between tortilla wraps, finally topped with cheese and baked in the oven	VEGETARIAN SAUSAGE WELLINGTON Onions, celery, mushrooms and garlic finely chopped, mixed with Dijon mustard and breadcrumbs, fresh thyme then shaped into a sausage and wrapped in puff pastry, and baked in the oven	QUICHE A pastry case filled with seasoned eggs, onions and cheese then baked in the oven until golden and served with new potatoes	FISH GOUJON SUB ROLL Fish goujons oven baked and served in a sub roll with Tartare sauce and coleslaw and served with chips
A selection of Seasonal Vegetables Or Mixed Salad				
OR				
HOT ALTERNATIVE – DELI BAR				
Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.				
FOR DESSERT				
A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday				

MENU CYCLE WEEK 2



Monday	Tuesday	Wednesday	Thursday	Friday
<p>SPAGHETTI BOLOGNAISE Minced beef cooked with onions, garlic, tomatoes, mushrooms and herbs and served on a bed of spaghetti</p>	<p>CHICKEN & SWEETCORN PIE Chicken pieces cooked with onions, peas, carrots and sweetcorn in a gravy then topped with a pastry top and baked in the oven and served with homemade herby dice potatoes</p>	<p>ROAST OF THE DAY Choose from our home roasted meat of the day served with roast potatoes, seasonal vegetables and gravy</p>	<p>TANDORI CHICKEN THIGHS Chicken thighs marinated in tandoori spices and oven baked served with on a bed of rice</p>	<p>CHIPPY DAY Choose from a battered haddock fillet baked in the oven and served with chips Barmcakes also available</p>
OR	OR	OR	OR	OR
<p>MEDITERRANEAN LAMB WRAP Pieces of fresh lamb cooked with onions, garlic, tomatoes and herbs, served in a tortilla wrap with potato wedges</p>	<p>PORK STIR FRY Strips of fresh pork cooked with onions, garlic, fresh ginger, peppers, beansprouts and Oyster sauce, served on a bed of noodles</p>	<p>MEATBALLS IN AN ARRABIATTA SAUCE Meatballs smothered in a spicy tomato sauce and served on a bed of spaghetti</p>	<p>BEEF STEW & DUMPLINGS Chunks of fresh beef cooked slowly with onions, carrots, leeks and potatoes in stock, then topped with homemade dumplings and served in a bowl with crusty bread and pickles</p>	<p>HOT & SPICY CHICKEN WINGS Chicken wings marinated in a hot and spicy sauce then oven baked and served with chips</p>
VEGETARIAN OPTION				
<p>ROAST VEGETABLE FRITTATA Roasted vegetables placed in an oven proof dish then covered with seasoned eggs, topped with cheese and baked in the oven until golden and served with crusty bread</p>	<p>QUORN CHILLI Quorn mince cooked with onions, peppers, red kidney beans and seasoned with a mild chilli powder, served on a bed of rice</p>	<p>VEGETABLE KEBAB Pieces of Quorn, peppers, onions and tomatoes baked in the oven then stuffed into a pitted bread and served with salad and coleslaw</p>	<p>SPANISH TORTILLA Cooked potatoes, sliced and mix with pan fried onions and chorizo then bound together with eggs</p>	<p>ROASTED VEGETABLE QUICHE A pastry case filled with roasted vegetables, seasoned eggs, onions and cheese then baked in the oven until golden and served with new potatoes</p>
A selection of Seasonal Vegetables Or Mixed Salad				
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FOR DESSERT				
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MENU CYCLE WEEK 3



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CHICKEN BIRIYANI Pieces of fresh chicken cooked with onions, rice and spices in stock then topped with a vegetable sauce	PULLED PORK Pork shoulder slowly roasted on a bed of onions and garlic with spices, then shredded and served on a sub roll with BBQ Sauce and coleslaw	ROAST OF THE DAY Choose from our home roasted meat of the day served with roast potatoes, seasonal vegetables and gravy	HOMEMADE MINCE BEEF & POTATO PIE A pastry case filled with mince beef cooked with onions, carrots and potatoes, served with mashed potato and gravy	CHIPPY DAY Choose from a battered haddock fillet baked in the oven and served with chips Barmcakes also available
OR	OR	OR	OR	OR
HONEY GLAZED PORK A pork loin steak glazed with honey and baked in the oven and served with new potatoes	CHICKEN & CHORIZO BAKE Chicken thighs baked slowly in the oven in stock with chunky sweet potato, mixed peppers, red onion, garlic, chorizo, fresh chilli and cayenne.	CHILLI BEEF FILLED TORTILLA A tortilla basket filled with minced beef cooked with onions, tomatoes, kidney beans and chilli powder and served with rice	PORK JALFREZI Pieces of pork cooked with onions, garlic, turmeric, chilli powder, tomatoes, fresh ginger, cumin and coriander and served on a bed of rice	CORNISH PASTIES Minced beef cooked with onions, carrots, potatoes and swede, then encased in pastry and baked in the oven and served with chips
VEGETARIAN OPTION				
MAC & CHEESE Macaroni pasta cooked and served in a cheese sauce	VEGETARIAN LASAGNE Vegimince cooked with onions, garlic, courgettes, leeks, peppers, tomatoes and herbs then layered between sheets of lasagne pasta and topped with a béchamel sauce	CHEESE LEEK & POTATO STRUDDLE Puff pastry filled with cheese, leeks and potatoes and baked in the oven	QUORN STIR FRY Pieces of Quorn cooked with onions, garlic, fresh ginger, carrots, peppers, beansprouts, cabbage and seasoned with soy sauce and Chinese five spice.	STUFFED PEPPERS Vegimince cooked with onions, garlic, mushrooms, peppers, tomatoes and chilli powder and stuffed into a pepper, topped with cheese and baked in the oven and served with cous cous
A selection of Seasonal Vegetables Or Mixed Salad				
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HOT ALTERNATIVE - DELI BAR Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.				
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