



Convenient Meals to *your* door

WEEK COMMENCING
20/03/17

Menu

Week 1	Meat	Fish	Vegetarian	Pudding	Evening Snack	Evening Snack
Monday	Faggots with Onion Gravy New Potatoes, peas	Cod in Parsley Sauce New Potato and Peas	Roast Vegetable Pasta in a Tomato Sauce	Orange and Chocolate Roly Poly and Custard	Leek & potato soup, bread roll & Banana	Ham & Tomato roll Crisps & Banana Or Cheese & Tomato roll Crisps & Banana
Tuesday	Chicken and Vegetable Stew Mashed Potato, Carrots and Broccoli	Fish Cake, Mash Potato, Carrots and Broccoli	Vegetable Crumb Cake, Mash Potato, carrots and Broccoli	Apple pie and custard	Leek & potato soup, bread roll & jelly	Ham & Tomato roll Crisps & jelly Or Cheese & Tomato roll Crisps & jelly
Wednesday	Roast Beef & Yorkshire Pudding Mash & roast, Green Beans, Cauliflower Gravy - Serve & flask	Poached Salmon in cream sauce. New potatoes, Green Beans, Cauliflower	Pea and Puy Rissole New potato, green beans, cauliflower	Jam and Coconut Sponge with Custard	Leek & potato soup, bread roll & apple	Ham & Tomato roll Crisps & apple Or Cheese & Tomato roll Crisps & apple
Thursday	Corned Beef Rissole Carrots and peas	Lemon and Parsley baked Cod in breadcrumbs Mash Potato, carrots, peas	Vegetable Bean Stew Mashed potatoes, carrots	Welsh Cakes	Leek & potato soup, bread roll & muffin	Ham & Tomato roll Crisps & muffin Or Cheese & Tomato roll Crisps & muffin
Friday	Sausages in Onion Gravy, Mash Potato, Broad Beans and Carrots	Fish Pie Carrots and broad beans	Macaroni Cheese and Grilled Tomato	Cherry Crumble and Custard	Leek & potato soup, bread roll & fruit jelly	Ham & Tomato roll Crisps & fruit jelly Or Cheese & Tomato roll Crisps & fruit jelly
Saturday	Spaghetti Bolognese	Breaded fish New potatoes Sweetcorn	Cheese and Potato Rissole and New pots, sweetcorn	Black Forest Gateau		
Sunday	Roast Beef or Turkey Dinner			Hot pudding of the Day		





Convenient Meals to *your* door

WEEK COMMENCING
27/03/17

Menu

Week 2	Meat	Fish	Vegetarian	Pudding	Evening Snack	Evening Snack
Monday	Liver and Onions New potatoes, Carrots and Broccoli	Poached Salmon in cream sauce. New potato, Carrots, and Broccoli	Roast Vegetable Pasta in a Tomato Sauce	Rhubarb Crumble and Custard	Mushroom soup, bread roll, & Banana	Tuna mayonnaise roll Crisps & banana Or Egg salad roll Crisps & banana
Tuesday	Chicken and leek Pie New potato, Green Beans, Cauliflower	Fish Cake New Potatoes, Green Beans, Cauliflower	Vegetable Pasty New potato and Green Beans	Bread and Butter Pudding	Mushroom soup, bread roll & jelly	Tuna mayonnaise roll Crisps & jelly Or Egg salad roll Crisps & jelly
Wednesday	Roast Turkey dinner, roast & mash pots, Peas and Cabbage Cranberry Sauce Stuffing Gravy - Serve & flask	Cod in Parsley Sauce Mash Potato and Peas and cabbage	Macaroni Cheese and Grilled Tomato	Cherry Pie and Custard	Mushroom soup, bread roll & apple	Tuna mayonnaise roll Crisps & apple Or Egg salad roll Crisps & apple
Thursday	Shepherd's Pie Peas and carrots Gravy - serve & flask	Fish Pie Peas and carrots	Pea and Puy Rissole Mashed potato Peas and carrots	Chocolate Sponge Sandwich	Mushroom soup, bread roll & muffin	Tuna mayonnaise roll Crisps & muffin Or Egg salad roll Crisps & muffin
Friday	Sausage and bean casserole Mash Potato, Broad Beans	Lemon and Parsley baked Cod in breadcrumbs Mash Potato, Broad Beans, Carrots	Vegetable Bean Stew New potato, broad beans	Homemade Scone with jam and cream	Mushroom soup, bread roll & jelly	Tuna mayonnaise roll Crisps & jelly Or Egg salad roll Crisps & jelly
Saturday	Lasagne Potato wedges	Cod in cheese sauce Potato Wedges, peas	Vegetable cake in breadcrumbs Potato wedges, peas	Cheesecake		
Sunday	Roast Beef or Turkey Dinner			Hot pudding of the day		





Convenient Meals to *your* door

WEEK COMMENCING
03/04/17

Menu

Week 3	Meat	Fish	Vegetarian	Pudding	Evening Snack	Evening Snack
Monday	Chicken in sage and onion gravy New potato, Carrots, Broccoli	Cod in Parsley Sauce New Potatoes, carrots, broccoli	Roast Vegetable Pasta in a Tomato Sauce	Apple Crumble and Custard	Cream of Tomato soup, bread roll, & Banana	Chicken & stuffing roll Crisps & banana Or Cheese & pickle roll Crisps & banana
Tuesday	Cottage Pie Carrots and Peas Gravy – Serve & flask Cornish Pasty	Fish Pie Peas and Carrots Poached Salmon in cream sauce. New potato, Green Beans, Cauliflower	Vegetable Bean Stew New potato, carrots	Victoria Sponge	Cream of Tomato soup, bread roll & jelly	Chicken & stuffing roll Crisps & jelly Or Cheese & pickle roll Crisps & jelly
Wednesday	New potato, Green Beans, Cauliflower Gravy- Flask	Fish Cake New potato, Carrots and peas	Vegetable Pasty New potato and Green beans	Strawberry Pie and Custard	Cream of Tomato soup, bread roll & apple	Chicken & stuffing roll Crisps & apple Or Cheese & pickle roll Crisps & apple
Thursday	Roast Pork Dinner Roast & mash, carrots and peas. Apple Sauce Gravy – Serve & flask	Lemon and Parsley baked Cod in breadcrumbs Mash Potato, Broad Beans and Carrots	Pea and Puy Rissole New potato Peas and carrots	Syrup Sponge and Custard	Cream of Tomato soup, bread roll & muffin	Chicken & stuffing roll Crisps & muffin Or Cheese & pickle roll Crisps & muffin
Friday	Slow cooked Braised beef Mash Potato, Broad Beans and Carrots	Poached salmon in sauce New potatoes Carrots	Macaroni Cheese and Grilled Tomato	Jam Roly Poly and Custard	Cream of Tomato soup, bread roll & jelly	Chicken & stuffing roll Crisps & jelly Or Cheese & pickle roll Crisps & jelly
Saturday	Corned Beef Pie, New Potatoes, Baked Beans	Breaded fish mushy peas and potato wedges	Vegetable pasta carrots	Chocolate Brownie		
Sunday	Roast Beef or Turkey Dinner			Hot pudding of the day		





Convenient Meals to *your* door

WEEK COMMENCING
10/04/17

Menu

Week 4	Meat	Fish	Vegetarian	Pudding	Evening Snack	Evening Snack
Monday	Chicken Chasseur New potato, Carrots and Broccoli	Lemon and Parsley baked Cod in breadcrumbs New Potato, Carrots and broccoli	Vegetable Bean Stew New potato, broccoli	Spotted Dick and Custard	Vegetable soup, bread roll, & Banana	Sausage & pickle roll Crisps & banana Or Egg Mayonnaise Crisps & banana
Tuesday	Beef stew and dumplings Green beans.	Poached Salmon in cream sauce. New potato, Green Beans	Vegetable Pasty New potato and green beans	Jam Tart and Custard	Vegetable soup, bread roll & jelly	Sausage & pickle roll Crisps & jelly Or Egg Mayonnaise Crisps & jelly
Wednesday	Roast Chicken dinner Roast & mash carrots and peas Stuffing Gravy - Serve & Flask	Fish Pie Peas and carrots	Roast Vegetable Pasta in a Tomato Sauce	Shortbread biscuit half dipped in chocolate	Vegetable soup, bread roll & apple	Sausage & pickle roll Crisps & apple Or Egg Mayonnaise Crisps & apple
Thursday	Minced Beef Pie New potato, broad beans, cauliflower Gravy- Serve & flask	Fish Cake New potato, broad beans, cauliflower	Pea and Puy Rissole, gravy New potatoes, broad beans, cauliflower	Treacle Sponge Pudding and Custard	Vegetable soup, bread roll & muffin	Sausage & pickle roll Crisps & muffin Or Egg Mayonnaise Crisps & muffin
Friday	Gammon and parsley sauce Mash Potato and Peas	Cod in Parsley Sauce Mash Potato and Peas	Macaroni Cheese Grilled Tomato	Cup Cake	Vegetable soup, bread roll & jelly	Sausage & pickle roll Crisps & jelly Or Egg Mayonnaise Crisps & jelly
Saturday	Cottage Pie, New Potatoes and Carrots	Breaded fish mushy peas and potato wedges	Quorn Bolognese	Custard Tart		
Sunday	Roast Beef or Turkey Dinner			Hot pudding of the Day		

