

# WEEKLY MENUS



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	FISH FINGERS	SPAGHETTI BOLOGNESE	ROAST CHICKEN STUFFING, GRAVY	CHICAGO TOWN PIZZA	HOT DOG (Welsh Pork Sausage)
CHOICE	BBQ PULLED PORK BAP	CHICKEN OR TUNA DELI WRAP	HOMEMADE SOUP WITH A FILLED ROLL	TOMATO PASTA BAKE	SALMON GOUJONS
CARBOHYDRATE	HERBY DICED POTATOES	SAVOURY RICE	ROAST & CREAMED POTATOES	JACKET WEDGES	CHIPPED POTATOES
VEGETABLES	COLESLAW GARDEN PEAS	SWEETCORN	FRESH SEASONAL VEGETABLES	GARDEN PEAS	VEGETABLE STICKS
SALAD TROLLEY	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
SWEET	FRUIT ICE CREAM	RASPBERRY & APPLE FLAPJACK CRUMBLE	CHOCOLATE MOUSSE SLICE	FRUIT SPONGE & CUSTARD	KRISPIE CAKE

Week 1 will start week commencing: 26th Sept 16, 17th Oct 16, 31st Oct 16, 21st Nov 16, 12th Dec 16, 2nd Jan 17, 23rd Jan 17, 13th Feb 17, 27th Feb 17, 20th Mar 17, 24th April 17, 15th May 17, 5th June 17, 26th June 17, 17th July 17

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	MINCED BEEF LASAGNE	BIG BREAKFAST (Bacon, Sausage & Scrambled Egg and a wedge of homemade bread)	ROAST PORK, STUFFING & GRAVY	THEME DAY	CHICKEN BURGER IN A BUN
CHOICE	CRISPY FISH FILLET	CHEESE PIE	HOMEMADE QUICHE		HOMEMADE CIABATTA PIZZA
CARBOHYDRATE	SAUTE POTATOES	NEW POTATOES	ROAST & CREAMED POTATOES		CHIPPED POTATOES
VEGETABLES	SWEETCORN GARDEN PEAS	BAKED BEANS OR GARDEN PEAS	FRESH SEASONAL VEGETABLES		VEGETABLE STICKS
SALAD TROLLEY	SALAD BAR	SALAD BAR	SALAD BAR		SALAD BAR
SWEET	PEAR & BLUEBERRY SLICE CUSTARD	FRUIT & JELLY ICE CREAM	APRICOT COOKIES		FRUIT MUFFINS

Week 2 will start week commencing: 3rd Oct 16, 7th Nov 16, 28th Nov 16, 9th Jan 17, 30th Jan 17, 6th Mar, 17, 27th Mar 17, 1st May 17, 22nd May 17, 12th June 17, 3rd July 17

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	MEATBALLS IN TOMATO SAUCE WITH PASTA TWISTS	CHICKEN CURRY WITH RICE	ROAST TURKEY, STUFFING & GRAVY	PASTA, PEAS & BACON	BEEF BURGER IN A BUN
CHOICE	DEWIS OGGIES	SALMON FISHCAKE	MACARONI CHEESE	CHICKEN FAJITAS OR HOT VEGETABLE WRAP	CHICKEN NUGGETS
CARBOHYDRATE	DICED POTATOES	JACKET WEDGES	ROAST & CREAMED POTATOES	SAVOURY RICE	CHIPPED POTATOES
VEGETABLES	BROCCOLI OR SPAGHETTI HOOPS	GARDEN PEAS	FRESH SEASONAL VEGETABLES	SWEETCORN	VEGETABLE STICKS
SALAD TROLLEY	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
SWEET	ARCTIC ROLL FRESH FRUIT	CHOCOLATE SPONGE & CHOCOLATE SAUCE	CARROT CUPCAKE	APPLE PIE CUSTARD	CRYSTAL COOKIES

Week 3 will start week commencing: 10th Oct 16, 14th Nov 16, 5th Dec 16, 16th Jan 17, 6th Feb 17, 13th Mar 17, 3rd April 17, 8th May 17, 19th June 17, 10th July 17