

Summer Wk 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Tuna & Sweetcorn Pasta Bake in a Tomato & Basil Sauce -o0o- Chick Pea & Roasted Vegetable Curry with Rice	Oriental Chinese Style Chicken Chow main Served in a Black Bean Sauce -o0o- Vegetarian Spaghetti Bolognaise	Traditional Lasagne Served with Garlic Bread -o0o- Vegetable Fajitas with Mexican Spiced Potatoes	Roast Turkey Served with Cranberry Sauce & Gravy -o0o- Roast Vegetable & Tomato Crumble	Catch of the Day Served with a Homemade Tartar Sauce -o0o- Red Onion & Sour Cream Tart with Cherry Tomatoes
Vegetables	Peas Carrots	Summer Salad Sweetcorn	Broccoli Green Salad	Roast Potatoes Carrots & Green Beans	Chips Garden Peas
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Pasta	Cheese Sauce (v)	Tomato & Herb Sauce (v)	Noodle Bar (v)	Tomato and Herb Sauce (v)	Three cheese
Desserts	Apple Crumble with Custard	Lemon Sponge with Custard	Pear Turnover with Custard	Cherry Bakewell Slice Served with Custard	Steamed Chocolate Pudding with Hot Chocolate Sauce

We look forward to seeing you!

Marine Stewardship Council Details

Web Site: www.msc.org Chain of Custody Registration Code MML-C-1009



Menu subject to variation



Summer Wk 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Sweet & Sour Pork Served with Egg Fried Rice -o0o- Macaroni Cheese Bake (V)	Cottage Pie with Cheese & Spring Onion Mash -o0o- Mushroom & Red Pepper Stroganoff Served with Steamed Rice	Honey Roast Gammon served with Gravy -o0o- Vegetarian Chilli with Jacket Wedges & Salad (V)	Chicken & Bacon Pasta Bake Served in a Creamy White Sauce -o0o- Mushroom & Spinach Flan Baked New Potatoes (V)	Catch of the Day Served with a Home made Tartar Sauce -o0o- Spanish Omelette With Paprika (V)
Vegetables	Green Beans Carrots	Spring Greens Sweetcorn	Garden Peas	Salad Steamed Carrots	Chips Peas
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Pasta	Cheese Sauce (v)	Tomato & Herb Sauce (V)	Noodle Bar (v)	Tomato and Herb Sauce (v)	Three cheese
Desserts	Orange Marmalade Bread & Butter Pudding Served with Custard	Banana Cake with Custard	Apple & Cinnamon Pie & Custard	Rice pudding with Jam Sauce	Treacle Tart Served With with Custard



Summer Wk 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Chilli Con Carnie Served with a Tomato Salsa -o0o- Chick Pea Masala with Fragrant Rice (V)	Sausages with Mash & Onion Gravy -o0o- Vegetarian Cornish Pasty with Mash & Onion Gravy (V)	Chicken Tikka Masala with Mint & Cucumber Raita -o0o- Vegetable & Lentil Lasagne with Coleslaw (V)	Beef Steak & Mushroom Pie -o0o- Three Cheese & Mint Risotto with Garlic Ciabatta (V)	Catch of The Day Served with a Homemade Tartar Sauce -o0o- Red Onion & Feta Tart (V)
Vegetables	Fragrant Rice Green Beans Carrots	Peas	Steamed Rice Broccoli & Cauliflower	Mashed Potatoes Sweet corn	Chips Peas
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Pasta	Cheese Sauce (v)	Tomato & Herb Sauce (V)	Noodle Bar (v)	Tomato and Herb Sauce (v)	Three cheese
Desserts	Peach Crumble with Custard	Steamed Chocolate Pudding with Hot Chocolate Sauce	Apple Turnover with Custard	Marbled Lemon Sponge with Custard	Lemon Meringue Pie with Custard



Summer Wk 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Chicken Korma with Fragrant Rice -o0o- Vegetarian Cottage Pie (V)	Spaghetti Bolognaise -o0o- Vegetarian French Bread Pizza with Oven Baked Potato Wedges (V)	Honey Roast Gammon with Roast Potatoes & Gravy -o0o- Thai Green Vegetable & Bean Curry with Coconut, Coriander & Noodles (V)	Ham & Leek Pie Topped with a Seeded Lid -o0o- Chickpea & Ratatouille Pasta Bake with Cheesy Crumb Topping (V)	Catch of The Day Served with a Home Made Tartar Sauce -o0o- Spanish Omelette (V)
Vegetables	Cauliflower Carrots Mixed	Mixed Salad Coleslaw Sweetcorn	Carrots Broccoli	New Potatoes Mixed Salad	Chips Peas
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Pasta	Cheese Sauce (v)	Tomato & Herb Sauce (V)	Noodle Bar (v)	Tomato and Herb Sauce (v)	Three cheese
Desserts	Sticky Gingerbread	Pear & Summer Berry Crumble	Apple Strudel Served with Custard	Chocolate Fudge Brownie with Chocolate Sauce	Bananas Fritters Served with a Toffee Sauce

