

# -SPRING 2022 MENU-










MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|   |                     |   |   |  |  |   |
|---|---------------------|---|---|--|--|---|
| <b>WEEK ONE</b><br>3 Jan<br>24 Jan<br>21 Feb<br>14 Mar<br>4 Apr | Option 1            | Cheese & Tomato Pizza   | Salmon Fish Fingers                            | Minced Beef Cottage Pie with Mashed Potato Topping   | Chicken Chow Mein with Noodles   | BBQ Chicken & Chips   |
|   | Option 2            | Vegetable Tagine with Couscous                   | Vegetable Lasagne   | Macaroni Cheese  | Vegetable Pasty Chef's Special              | Glamorgan Bean & Leek Sausages               |
|   | Vegetables & Salads | Cauliflower Green Beans Rainbow Slaw             | Broccoli Sweetcorn Mixed Bean Salad            | Carrots Green Cabbage Green Bean Salad              | Roasted Squash Peppers Mixed Leaf Salad     | Steamed Peas Baked Beans Potato Salad        |
|   | Dessert             | Pear Crumble with Custard Yoghurt / Fresh Fruit  | Mandarin Cheesecake Yoghurt / Fresh Fruit   | Apple, Cheese & Oaty Biscuit Yoghurt / Fresh Fruit  | Banana Loaf Yoghurt / Fresh Fruit           | Yoghurt & Fresh Fruit Station   |
| <b>WEEK TWO</b><br>10 Jan<br>31 Jan<br>28 Feb<br>21 March       | Option 1            | Chickpea & Vegetable Hot Pot                     | Beef Lasagne  | Roast Chicken  | Chicken Pie, Mashed Potato with Gravy  | Battered Fish & Chips   |
|   | Option 2            | Broccoli Pasta Bake                              | Vegetable & Bean Fajitas  | Vegetarian Wellington                               | Quorn Pasta Bake   | Cheese & Red Pepper Frittata  |
|   | Vegetables & Salads | Roasted Tomatoes Broccoli Coleslaw               | Sweetcorn Courgettes Sweet Potato Power        | Cauliflower Carrots Couscous Salad                  | Red Cabbage Green Beans Roasted Veg Power   | Steamed Peas Baked Beans Tomato Penne Salad  |
|   | Dessert             | Eve's Pudding with Custard Yoghurt / Fresh Fruit  | Pear & Ginger Slice Yoghurt / Fresh Fruit      | Melon, Breadsticks & Cheese Yoghurt / Fresh Fruit  | Five A Day Cake Yoghurt / Fresh Fruit       | Yoghurt & Fresh Fruit Station   |
| <b>WEEK THREE</b><br>17 Jan<br>7 Feb<br>7 Mar<br>28 Mar         | Option 1            | Sweet & Sour Butterbeans with 50/50 Rice       | Chicken Tagine with Couscous  | Roast Turkey   | Beef Chilli & Beans with 50/50 Rice       | Breaded Fish & Chips  |
|   | Option 2            | Vegetarian Tortilla Stack                      | Spicy Bean Burger with Jacket Wedges         | Jollof Rice, Quorn & Beans                        | Roasted Vegetable Pizza  | Vegetable Enchiladas  |
|   | Vegetables          | Peppers Sliced Beans Green Bean Power          | Sweetcorn & Peas Mixed Apple & Raisin Salad  | Leeks Roasted Carrots Beetroot & Orange           | Broccoli Cauliflower Grated Carrot Salad  | Steamed Peas Baked Beans Tabbouleh         |
|   | Dessert             | Rice Pudding with Mixed Berries Compote Yoghurt / Fresh Fruit   | Apple & Raisin Strudel with Custard Yoghurt / Fresh Fruit   | Pineapple, Cream Cheese & Crackers Yoghurt / Fresh Fruit   | Peach Upside Down Cake with Custard Yoghurt / Fresh Fruit  | Yoghurt & Fresh Fruit Station   |

 Added Plant Power

 Vegan

 Wholemeat

 Oily Fish

Available Daily

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection