

# CHOICE MENU

Week commencing: 5 Oct 2009, 2 Nov 2009, 23 Nov 2009, 14 Dec 2009, 18 Jan 2010, 8 Feb 2010					
WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Shepherds pie served with green beans, fresh carrots and gravy	Chicken curry served with fresh mixed vegetables, fresh cauliflower and pilau rice	Roast beef served with roast potatoes, fresh seasonal cabbage, fresh carrots and gravy	Beef spaghetti bolognese served with fresh broccoli, green salad and tomato bread	Cod fish fingers served with garden peas, baked beans and chipped potatoes
<b>Vegetarian</b>	Homemade vegetable soup served with tuna or cheese sandwich	Cheese and tomato pizza served with ½ oven baked jacket potato, fresh mixed vegetables and fresh cauliflower	Vegetarian roast served with roast potatoes, fresh seasonal cabbage, fresh carrots and gravy	Vegetable chilli served with steamed rice, fresh broccoli, green salad and tomato bread	Quorn sausage in a roll served with garden peas, baked beans and chipped potatoes
<b>Salad Selection</b>	Cucumber and tomato salad	Beetroot and spring onion salad	Crunchy light coleslaw	Fresh vegetable sticks	Carrot and sultana salad
<b>Bread</b>	Sliced	Homemade	Homemade	Sliced	Homemade
<b>Desserts</b>	Hot rice pudding with sultanas	Hot chocolate fudge cake served with custard	Ice cream and seasonal fruit jelly	Apple flapjack served with vanilla sauce	Fruit shortbread
<b>Fruit Choice</b>	5 a day fruit	5 a day fruit	5 a day fruit	5 a day fruit	5 a day fruit
<b>Drinks</b>	Cup of fresh milk or cup of fruit juice	Cup of fresh milk or cup of fruit juice	Cup of fresh milk or cup of fruit juice	Cup of fresh milk or cup of fruit juice	Cup of fresh milk or cup of fruit juice



All our chicken is farm assured and carries the Red Tractor mark, our milk is supplied from the Dairy Farmers of Britain and we use free range eggs.

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# CHOICE MENU

Week commencing: 12 Oct 2009, 9 Nov 2009, 30 Nov 2009, 4 Jan 2010, 25 Jan 2010					
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Sausage served with creamed potatoes, garden peas, baked beans and onion gravy	Beef lasagne served with fresh carrots, garden salad and garlic and herb bread	Roast lamb served with roast potatoes, fresh seasonal cabbage, fresh carrots and gravy	Lemon chicken and pea risotto served with sweetcorn, green beans and garlic bread	Fish and chips served with garden peas and baked beans
<b>Vegetarian</b>	Quorn sausage served with creamed potatoes, garden peas, baked beans and onion gravy	Chick pea aloo gobi served with fresh carrots, garden salad, steamed rice and naan bread	Creamy vegetable pie served with fresh seasonal cabbage, fresh carrots and roast potatoes	Tomato and bean pasta served with sweetcorn, green beans and garlic bread	Homemade vegetable soup served with ½ tuna or cheese baguette
<b>Salad Selection</b>	Mixed salad	Carrot and sultana salad	Apple and celery salad	Fresh vegetable sticks	Chopped cucumber and tomato salad
<b>Bread</b>	Homemade	Sliced	Homemade	Sliced	Homemade
<b>Desserts</b>	Hot fruit pie served with custard	Hot eves pudding served with custard	Ice cream and seasonal fruit jelly	Hot oatly fruit crumble served with custard	Chocolate fruit crispy served with vanilla sauce
<b>Fruit Choice</b>	5 a day fruit	5 a day fruit	5 a day fruit	5 a day fruit	5 a day fruit
<b>Drinks</b>	Cup of fresh milk or cup of fruit juice	Cup of fresh milk or cup of fruit juice	Cup of fresh milk or cup of fruit juice	Cup of fresh milk or cup of fruit juice	Cup of fresh milk or cup of fruit juice



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# CHOICE MENU

Week commencing: 19 Oct 2009, 16 Nov 2009, 7 Dec 2009, 11 Jan 2010, 1 Feb 2010					
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Minced beef cobbler served with mixed vegetables, fresh cauliflower and root vegetable mash	Tuna and pasta bake served with garden peas, mixed salad and garlic bread	Roast chicken served with fresh seasonal cabbage, fresh carrots, roast potatoes, stuffing and gravy	Mexican chilli beef served with fresh broccoli, sweetcorn and steamed rice	Salmon fish fingers served with garden peas, baked beans and chipped potatoes
<b>Vegetarian</b>	Vegemince cobbler served with mixed vegetables, fresh cauliflower and root vegetable mash	Homemade vegetable soup served with ½ tuna or cheese baguette	Mediterranean flan served with fresh seasonal cabbage, fresh carrots, roast potatoes and gravy	Vegetable and pineapple curry served with fresh broccoli, sweetcorn and steamed rice	Cheese and tomato pizza served with garden peas, baked beans and chipped potatoes
<b>Salad Selection</b>	Cucumber raita	Mixed salad	Fresh vegetable sticks	Beetroot and spring onion salad	Apple, cucumber and celery salad
<b>Bread</b>	Sliced	Homemade	Homemade	Sliced	Homemade
<b>Desserts</b>	Mandarin sponge served with custard	Fruity wholemeal chocolate crunch served with custard	Ice cream and seasonal fruit jelly	Hot apple strudel served with custard	Sultana and orange shortcake
<b>Fruit Choice</b>	5 a day fruit	5 a day fruit	5 a day fruit	5 a day fruit	5 a day fruit
<b>Drinks</b>	Cup of fresh milk or cup of fruit juice	Cup of fresh milk or cup of fruit juice	Cup of fresh milk or cup of fruit juice	Cup of fresh milk or cup of fruit juice	Cup of fresh milk or cup of fruit juice



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