

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Lemon and Ricotta Rigatoni (GF available)	Mandarin Style BBQ Pork	Hand Carved Honey Glazed Gammon	INDIAN SPECIAL Chicken Korma or Beef Madras	Breaded Pollock or Fish Fingers (Gluten free available)
Vegetarian Main Course	<i>Colcannon</i> Mashed Potato, Savoy Cabbage, and Vegan Bacon (Vegan)(Gf)	Southern Fried "Quorn" Escalopes (V)	Quiche of the Day (v)	Cauliflower and Potato Curry(vegan) Or Vegetable Samosas (vegan)	Arrabiatta Courgette and Pepper Pasta (v)
Accompaniments	<i>Garlic Potatoes and Vegetables</i>	<i>Egg Noodles and a selection of Vegetables</i>	<i>Roast Potatoes and a selection of vegetables</i>	<i>Naan Bread, Rice and a Selection of Vegetables</i>	<i>Chips, Garden Peas and Baked Beans</i>
Homemade Pasta Dish of the Day	Homemade Pasta Dish of the Day	Homemade Pasta Dish of the Day	Homemade Pasta Dish of the Day	Homemade Pasta Dish of the Day	Homemade Pasta Dish of the Day
Baked Jacket Potatoes with Baked Beans, Tuna or Cheese Fillings(GF)	Baked Jacket Potatoes with Baked Beans, Tuna or Cheese Fillings (GF)	Baked Jacket Potatoes with Baked Beans, Tuna or Cheese Fillings (GF)	Baked Jacket Potatoes with Baked Beans, Tuna or Cheese Fillings (GF)	Baked Jacket Potatoes with Baked Beans, Tuna or Cheese Fillings (GF)	Baked Jacket Potatoes with Baked Beans, Tuna or Cheese Fillings (GF)
SALAD BAR A Selection of meats Cheeses and Composite Salads	SALAD BAR A Selection of meats Cheeses and Composite Salads	SALAD BAR A Selection of meats Cheeses and Composite Salads	SALAD BAR A Selection of meats Cheeses and Composite Salads	SALAD BAR A Selection of meats Cheeses and Composite Salads	SALAD BAR A Selection of meats Cheeses and Composite Salads
Freshly Prepared Sandwiches and Baguettes(Gluten free option available)	Freshly Prepared Sandwiches and Baguettes(Gluten free option available)	Freshly Prepared Sandwiches and Baguettes(Gluten free option available)	Freshly Prepared Sandwiches and Baguettes(Gluten free option available)	Freshly Prepared Sandwiches and Baguettes(Gluten free option available)	Freshly Prepared Sandwiches and Baguettes(Gluten free option available)
Something Sweet A selection of Desserts	Something Sweet A selection of Desserts	Something Sweet A selection of Desserts	Something Sweet A selection of Desserts	Something Sweet A selection of Desserts	Something Sweet A selection of Desserts

Week commencing – 4/9, 2/10, 13/11- 2023