|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| meal | mon | tue | wed | thu | fri | sat | sun |
| lunch | | | | | | | |
| main option 1 | mini sausage & onion gravy  Yorkshire pudding | chicken fajitas | italian meatballs  in a tomato sauce | roast pork & apple sauce | crispy battered fish homemade tartar sce | chicken stir fry & noodles | roast turkey with all the trimmings |
| main option 2 | vegetable sausage casserole | quorn vegetable  tacos | quorn meatballs | roast vegetable risotto | breaded scampi  breaded fish fingers | quorn vegetable wrap |  |
| baked potato bar | baked potatoes & a selection of fillings | baked potatoes & a selection of fillings | baked potatoes & a selection of fillings | baked potatoes & a selection of fillings | baked potatoes & a selection of fillings |  |  |
| pasta bar | cheesy pasta | tomato & basil pasta | creamy leek & cheese pasta |  |  |  |  |
| sides | mashed potatoes  roasted vegetables | rice,  sweetcorn | spaghetti  green beans, carrots | roast potatoes  cabbage carrots  parsnips | skinny chips  mushy peas  garden peas | noodles  prawn crackers  green beans | roast potatoes  broccoli  parsnips |
| salad bar | selection of salads | selection of salads | selection of salads | selection of salads | selection of salads | selection of salads | selection of salads |
| soup & bread | mediterranean soup  freshly baked bread | butternut squash soup  freshly baked bread | lentil & bacon soup  freshly baked bread | carrot & ginger soup  freshly baked bread | creamy mushroom  freshly baked bread |  |  |
| dessert | eves pudding | strawberry jelly | flap jack tray bake | chocolate cake | ice cream | fruit muffins | cargilfield mess |