

Table 1

WEEK ONE						
		Monday	Tuesday	Wednesday	Thursday	Friday
M A I N		Beef Bolognese	Chicken Sausage Mash	Chicken Fried Noodles	Chicken Rice	Cod Potato Wedges
	Vegetarian Option	Veggie Bolognese	Veggie Sausage Mash	Vegetable Fried Noodles	Quorn Chicken Rice	Jacket Potato Cheese Sweetcorn
M E A L		Seasonal Vegetables	Peas		Mixed Vegetables Mixed Salad	Sweetcorn Baked Beans
		Apple Sponge and Custard	Semolina	Mousse	Stewed fruit Custard	Rice Pudding with Sultanas
S E R V I C E						
	Commencing:		9/12/16	10/10/16	11/7/16	12/5/16
			1/2/17	1/30/17	2/27/17	

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WEEK TWO						
		Monday	Tuesday	Wednesday	Thursday	Friday
M A I N		Chilli Con-Carne and rice	Roast Chicken Roast Potato	Fish Fingers Potato Wedges	Macaroni	Shepherds Pie Vegetables
		Vegetarian Option Veggie Chilli and rice	Vegetarian Option Quorn Chicken Roast Potato	Vegetarian Option Fish Fingers Potato Wedges	Vegetarian Option Macaroni Cheese	Vegetarian Option Vegetable Pie
M E A L		Seasonal Vegetables	Glazed Carrots Broccoli	Beans	Mixed Vegetables	Vegetables
		Cake and Custard	Yoghurt	Pineapple and Cream	Banana and Custard	Fruit Jelly
S E R V I C E S						
		Commencing:	9/19/16	10/17/16	11/14/16	12/12/16
		1/9/17	2/6/17	3/6/17		

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WEEK THREE					
	Monday	Tuesday	Wednesday	Thursday	Friday
M A I N	Vegetable Tagine	Beef Stew Mash Potato	Meatballs Spaghetti	Chicken Stirfry	Salmon and Tuna Pasta Bake
	Vegetarian Option Vegetable Tagine	Vegetarian Option Lentil and Chickpea Stew	Vegetarian Option Tomato Ragu Spaghetti	Vegetarian Option Veggie Vermacelli	Vegetarian Option Cheesy Pasta Bake
M E A L					
	Mixed Vegetables				Peas/Sweetcorn
V E G					
	Pie and Custard	Stewed Fruit and Ice Cream	Yogurt	Mousse	Chocolate Cake and Chocolate Custard
D E S S E R T					
	Commencing:	9/26/16	10/24/16	11/21/16	12/19/16
		1/16/17	2/13/17	3/13/17	

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WEEK FOUR					
	Monday	Tuesday	Wednesday	Thursday	Friday
M A I N	Chicken Pasta Bake	Couscous	Sweet and Sour Chicken Rice	Fish Cake New Potatoes	Vegetable Stir-fry
	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
M E A L	Veggie Pasta Bake	Couscous	Sweet and Sour Quorn Rice	Veggie Sausage Vegetables	Vegetable Stir-fry
	Vegetables		Vegetables	Vegetables	
V E G					
	Semolina	Yogurt	Banana and Custard	Fruit Crumble and Custard	Pineapple and Cream
D E S S E R T					
	Commencing:	10/3/16	10/31/16	11/28/16	1/23/17
		2/20/17	3/20/17		