



Week 4

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Main

Cheese and Onion Flan

Pork Loin with Gravy

Chicken Curry

Spaghetti Bolognese

Fish – Harry Ramsden’s

Vegetarian

Tomato and Basil Pasta and Crusty Bread

Quorn Fillet with Gravy

Vegetable Curry

Quorn Bolognese

Quorn Sausages

Carbs

Potato Wedges

Mashed Potato

Wholegrain Rice and Naan Bread

Garlic Bread

Chips

Vegetables

Baked Beans

Carrots and Broccoli

Sweetcorn

Mixed Salad

Veg Fingers

Pudding

Chocolate Shortbread Biscuits

Fruit Muffins

Sponge and Custard

Fruit Flapjack

Carrot Cake

Jacket Potatoes served daily with a choice of the following fillings: -

Cheese, Baked Beans, Tuna Mayonnaise

Salad bar, Yoghurts and fresh fruits are available along with jugs of water every day.