

Week One

MENU

Monday

Shepherd's Pie

or

**Cheese and Tomato Quiche
with Diced Potato (v)**

Tuesday

Chicken Pie with Creamed Potato

or

Vegetarian Burrito with Spicy Wedges (v)

Wednesday

Roast Beef Dinner with Roast Potatoes

or

Veggie Sausage and Bean Cobbler (v)

Thursday

One Pot BBQ Chicken

or

**Macaroni Cheese with Wholemeal Garlic
Bread (v)**

Friday

Fish Fillet and Chips

or

Quorn Sausage Posh Dog with Chips (v)

**A selection of seasonal vegetables,
fresh fruit and yoghurt is available
daily**

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Week Two

MENU

Monday

**Beef and Tomato Meatballs with Wholemeal Spaghetti
or
Vegetarian Roll with Paprika Potatoes (v)**

Tuesday

**Sausage and Mash with Onion Gravy
or
Sweet Potato and Spinach Curry with Savoury Rice (v)**

Wednesday

**Roast Chicken with Sage and Onion Stuffing
and Roast Potatoes
or
Cheesy Vegetable and Potato Bake (v)**

Thursday

**'Chef's Choice' Chinese Beef with Noodles
or
Sage and Onion Coated Quorn Fillet with Potato Wedges (v)**

Friday

**Fish Fillet and Chips
or
Cheese and Tomato Calzone with Chips (v)**

**A selection of seasonal vegetables,
fresh fruit and yoghurt is available
daily**

Week Three

MENU

Monday

**Beef Casserole with Dumplings and Mash
or
Tomato Bolognaise with Wholemeal Pasta (v)**

Tuesday

**Salmon en Croute with New Potatoes
or
Vegetable Tikka Pie (v)**

Wednesday

**Roast Pork with Apple Sauce and Roast Potatoes
or
Roasted Vegetable Slice with Roast Potatoes (v)**

Thursday

**'Chef's Choice' Chicken Curry and Rice
or
Vegetarian Lasagne with Wholemeal Garlic Bread (v)**

Friday

**Fish Fillet and Chips
or
Quesadillas with Chips (v)**

**A selection of seasonal vegetables,
fresh fruit and yoghurt is available
daily**



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