


Spring Menu 2010 - Week One

Monday	<u>Lunch</u>	Meatballs in a Tomato Sauce with Pasta Shapes Tomato and Sweet Pepper Pasta Bake
		<u>(DF) (WF) (V)</u>
	<u>Dessert</u>	Seasonal Fruit Crumble & Custard / Bananas
	<u>Tea</u>	Bread Rolls with Ham or Cream Cheese & Cucumber, Dried Fruit
		<u>(V)</u> Bread Rolls with Cream cheese & Cucumber, Dried Fruit
		<u>(DF)</u> Bread Rolls with Chicken & Cucumber, Dried Fruit
Tuesday	<u>Lunch</u>	Beef & Ginger Hotpot served with Mashed Potatoes
		<u>(DF)</u> Dairy Free Mashed potatoes
		<u>(V)</u> Winter Vegetable Hotpot
	<u>Dessert</u>	Homemade Flapjacks
	<u>Tea</u>	Beans & Soft Rolls, Fresh Fruit
Wednesday	<u>Lunch</u>	Vegetable Pasta Bake in a Tomato and Herb Sauce
		<u>(DF) (V)</u> Garlic & herb bread
	<u>Dessert</u>	Pineapple Upside Down Cake & Custard
		<u>(DF)</u> Pineapple Fruit Salad
	<u>Tea</u>	Cucumber with Cream Cheese and Ham Wraps with Diced Pepper Carrot and Cucumber Sticks, Dried Fruit
Thursday	<u>Lunch</u>	Roast Chicken served with Herb stuffing
		<u>(V)</u> Quorn chicken served with Herb stuffing
		Roast New Potatoes Swede & carrot mash, Peas & Gravy
	<u>Dessert</u>	Fromage Frais or Fresh fruit
	<u>Tea</u>	Savoury Crackers, Selection of Chunky Cheese & Grapes
		<u>(DF)</u> Savoury Crackers, Ham & Grapes
Friday	<u>Lunch</u>	Crunchy topped Fish Pie, Parsley Sauce, Carrots and Peas
		<u>(V)</u> Crunchy topped Vegetable Pie
		<u>(DF)</u> Mixed Poached Fish
	<u>Dessert</u>	Fresh Fruit Cocktail
	<u>Tea</u>	Cheese & Pineapple and Tuna & Cucumber Sandwiches Cherry tomatoes, Carrots Chocolate Chip Cookies
		<u>(DF)</u> Dairy Free Sandwiches Chocolate Chip Cookies

Spring Menu 2010 - Week Two

Monday	<u>Lunch</u>	Vegetable Chilli with Pasta (DF) Mini Pita Bread
	<u>Dessert</u>	Lemon Fairy Cake (DF) Dairy Free Lemon Cake
	<u>Tea</u>	Cheese & Broccoli Quiche, cherry tomatoes (DF) Dairy Free Quiche Dried fruit
Tuesday	<u>Lunch</u>	Cod Fish Cakes, Mashed Potatoes, Baked Beans (V) Vegetable Bake
	<u>Dessert</u>	Baked Rice Pudding with Fruit Puree (DF) Dairy Free Yoghurt with fruit puree
	<u>Tea</u>	Cheese & Biscuits Fresh fruit
Wednesday	<u>Lunch</u>	Thai lamb curry with butternut squash & spinach (V) Thai curry with butternut squash & spinach lemon rice
	<u>Dessert</u>	Orange Sponge Cake & Custard (DF) Dairy Free Sponge Cake
	<u>Tea</u>	Cream Cheese & Cucumber Wraps and Chicken Wraps with Cherry Tomatoes, Carrot Batons Apricot Cookies/Fruit (DF) Chicken and Cucumber Wraps / Dairy Free Cookie
Thursday	<u>Lunch</u>	Cottage pie, Puree of Buttered Cabbage, Baby Carrots (DF) Gravy (V) Vegetable Cottage Pie
	<u>Dessert</u>	Home Made Shortbread fingers/Yoghurt
	<u>Tea</u>	Egg & Cress or Pate Sandwiches, Salad & Vegetables Sticks Fresh Fruit
Friday	<u>Lunch</u>	Roast Beef & gravy, Roasted New Potatoes, Cauliflower, Peas (V) Vegetable Bake
	<u>Dessert</u>	Home-made Welsh Cakes (DF) Dairy Free Muesli Fingers
	<u>Tea</u>	Spaghetti in Tomato Sauce & Bread Rolls, Fresh Fruit



Spring Menu 2010 - Week Three

Monday	Lunch	Baked Potatoes served with a choice of Cheese, Beans, Tuna & Sweetcorn
	Dessert	Stewed Pears served with Custard
	Tea	Home-made Sausage Rolls, Cheese Cubes and Cherry Tomatoes
Tuesday	Lunch (DF)	Macaroni Cheese Bake served with Broccoli & Sweetcorn Macaroni Pasta with Tomato & Herb Sauce
	Dessert (DF)	Fresh Fruit Jelly Fruit Jelly
	Tea (DF)	Cheese & Tomato and Chicken Sandwiches Hummus & Salad Sticks Cherry Cookies Fruit Cookie
Wednesday	Lunch (V)	Roast Ham, New Potatoes, Peas, Carrots & Parsley Sauce Veggie Pattie, New Potatoes, Peas, Carrots & Parsley sauce
	Dessert (DF)	Home-made Chocolate Cake & Pink Custard Chocolate Cake
	Tea	Mini Cheese Scones Vegetables Sticks and a Selection of Dips
Thursday	Lunch (V)	Sweet & Sour Fish & Rice Sweet & Sour Tofu & Rice
	Dessert (DF)	Raspberry Mousse & Sponge Fingers Yoghurt & Sponge Fingers
	Tea	Soft Rolls with Ham & Cucumber or Cheese & Pineapple Carrot Sticks & Cherry Tomato & Dried Fruit
Friday	Lunch (V)	Sausage & Bean Casserole & Sautéed Potatoes Bean Casserole & Sautéed Potatoes
	Dessert (DF)	Banana Cake or Fromage Frais Home-made Muesli Bar
	Tea	Savoury Rice Pita Bread Cherry Tomatoes & Cucumber Sticks

Spring Menu 2010 - Week Four

Monday	Lunch	Turkey Au Gratin with Roasted Tomato Cous Cous Quorn Chicken au Gratin
	(V) (WF)	
	Dessert	Home-made Flapjacks or Yoghurt
	Tea	Salmon & Cucumber/Cheese & Pineapple Sandwiches Carrot Sticks Fresh fruit
Tuesday	Lunch	Homemade Vegetable Lasagne & Mini Pita Breads
	Dessert (DF)	Stewed Apples or Pears with Fromage Frais Stewed Apples or Pears
	Tea	Spaghetti served with Soft Rolls Dried fruit Ham Sandwiches (DF)
Wednesday	Lunch	Tuna Pot Pasta in a Creamy Sauce with Carrots Vegetable Pasta Bake Tuna Pot Pasta in Tomato Sauce
	(V) (DF)	
	Dessert (DF)	Bananas & Custard Sliced Banana
	Tea	Cream Cheese & Diced Mixed Pepper or Chicken & Cucumber Wraps Home-made Cherry Cookies Ham & Pepper Wraps & Cookies
Thursday	Lunch	Home-made Vegetable Pizza with Fruity Yoghurt Coleslaw, New Potatoes
	(DF)	Dairy Free Vegetable Pizza
	Dessert (DF)	Blueberry Muffins Sponge Cake
	Tea	Cheese Chunks & Crackers Pineapple, Grapes and Hummus
Friday	Lunch	Chilli Con Carne and Rice Quorn Chilli Con Carne and Rice
	(V)	
	Dessert (DF)	Yoghurt or Fromage Frais Fruit
	Tea	Ham & Tomato or Cream Cheese & Diced Pepper Sandwiches Carrot sticks & Flapjacks