

	monday	tuesday	wednesday	thursday	friday
soup	roast red pepper croutons chopped peppers	sweet potato and rosemary croutons herbed bacon bites	minestrone croutons parmesan cheese	chicken, leek and barley croutons crispy leeks	carrot and coriander croutons natural yogurt
main	oriental glazed chicken sweet chilli vegetables savoury rice	shepherds pie new potatoes	roast loin of pork and apple sauce baby roast potatoes	beef meatballs in tomato sauce pasta	baked battered cod fillet chipped potatoes
vegetarian	potato and spinach tortilla	vegetable and chick pea paella	quorn, tomato and aubergine bake	mixed bean filled peppers	leek, mushroom and stilton tart
pasta sauce	bacon and onion	leek and cheese	mushroom	roast vegetable and tomato	barbecue and onion
baked potato	baked beans coleslaw	baked beans tuna & sweetcorn	baked beans grated cheese	baked beans prawn mayonnaise	baked beans chicken mayonnaise
vegetables	sweetcorn green beans	carrots roast courgettes	broccoli swede and carrot	mixed vegetables peas	peas baby sweetcorn
salad bar	roast fennel, black olive mushroom cous cous salmon and cucumber lettuce, tomato, cucumber	watercress and pea salad spicy noodles chicken, apricot, mayonnaise lettuce, tomato, cucumber	carrot ,coriander, cumin curried rice and peppers egg, crispy bacon, croutons lettuce, tomato, cucumber	tomatoes, mangetout, corn potato, yogurt and chive smoked cheese and pear lettuce, tomato, cucumber	apple coleslaw polenta and roast vegetables sweet chilli quorn lettuce, tomato, cucumber
dessert	pineapple sponge custard sauce	apple tart cream	lemon mousse chocolate chip cookie	baked rice pudding strawberry sauce	chocolate and apricot flapjack