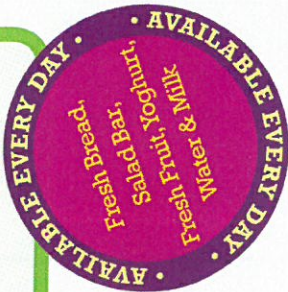


# WINTER/SPRING MENU 2019/20



	Meat Free Monday	Traditional Tuesday	World Food Wednesday	Thursday Favourites	Fish Friday
<b>Week 1</b>	Vegetarian Quiche Vegetarian Brunch Pasta & Sauce Diced Potatoes Beans Arctic Roll	Baked Sausages, Yorkshire Pudding & Gravy Quorn Strips & Salad in a Tortilla Boat Hot Sandwich Special Mashed Potatoes Carrots Frozen Yoghurt	Marinated Chicken Naan Vegetarian Sambar Sandwich Selection Couscous Mini Corn on the Cob Jelly & Fruit	Homemade Lamb Curry Veggie Chilli con Carne Sandwich Selection Brown Rice Carrots Melon Boat	Birdseye Gluten Free Fish Fingers Quorn Burger in a Bun Jacket Potato Selection Jacket Wedges Garden Peas Biscuits
<b>Week 2</b>	Homemade Pizza Slices Spanish Omelette Pasta & Sauce Baked Jacket Wedges Mini Corn on the Cob Artic Roll	Homemade Curry Quorn & Vegetable Stirfry Sandwich Selection Brown Rice Sweetcorn Salsa Frozen Yoghurt	Lasagne Vegetarian Sausage Roll & Tomato Sauce Sandwich Selection Mashed Potatoes Green Beans Jelly & Fruit	Roast Dinner with all the Trimmings Mediterranean Quorn Hot Sandwich Special Roast & Mashed Potatoes Broccoli Fruity Frozen Yoghurt with Peaches	Fish Cake Sweet Chilli Noodles Jacket Potato Selection Baked Jacket Wedges Garden Peas Biscuits
<b>Week 3</b>	Homemade Pizza Slices Veggie Sausages Pasta & Sauce Sauté Potatoes Mixed Vegetables Artic Roll	Roast Dinner with all the Trimmings Hot Filled Tortilla Boat Hot Sandwich Special Roast & Mashed Potatoes Carrots Frozen Yoghurt	Homemade Chicken Curry Tandoori Quorn Sandwich Selection Sunshine Vegetable Rice Mini Corn on the Cob Sauté Potatoes Mixed Vegetables Jelly	Baked Sausages & Gravy Cheese & Potato Quesadilla Sandwich Selection Baked Jacket Wedges Sweetcorn Fruit Salad with Fruity Frozen Yoghurt	Tempura Fish Goujon Southern Style Quorn Burger Jacket Potato Selection Chips Garden Peas Homemade Muffin



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