

THIS WEEK'S MENU

Autumn - Winter 2017/18

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Traditional Beef Cottage Pie served with Carrot Batons	Chicken Tikka Masala served with Wholegrain Rice, Saag Aloo & Mini Naan Bread (#)	Roast British Beef & Yorkshire Pudding (#) served with Gravy, Roast Potatoes & Green Beans	Haggerty Pie served with a medley of Roasted Winter Vegetables	Breaded Pollock (#) served with Spicy Potato Wedges & Baked Beans
Vegetarian	Baked Potato topped with Asian Style Quorn Slaw	Roasted Winter Vegetable Pasta Bake served with a side of Garlic Dough Balls	Quorn Sausage & Tomato Roll served with Roast Potatoes & Sliced Carrots	Sweet & Sour Stir Fried Vegetables served with Egg Noodles	Shepherdess Pie served with Farmhouse Vegetables
Dessert	Carrot & Orange Cake with a Cream Cheese Topping V	Oaty Apple & Cherry Crumble & Sauce Anglaise * V	Butterscotch Tart served with Crème Fraîche V	Fresh Fruit Salad in Coconut Water * V	Parkin served with Vanilla Sauce V

To be served week beginning:
 18th September, 9th October, 6th November, 27th November, 18th December 2017
 15th January, 5th February 2018
2 Course Daily Meal £2.30

All dishes are freshly prepared and cooked from scratch, except items marked with #

* Desserts highlighted with an asterisk contain a minimum of 50% fruit

