

DINNER MENU

From 7th January 2014

	WEEK 1	WEEK 2	WEEK 3
M O N	Battered fish with potato wedges	BBQ pork ribs with rice	Pork patties with onion gravy
	Jacket Potato with baked beans (V)	Macaroni cheese with garlic bread (V)	Omelette with baked potato wedges (V)
	Ham pasta salad & shortbread biscuit	Tuna pasta salad & fruit flapjack	Chicken pasta salad with vanilla ice cream
	Banoffee Waffle	Fruit flapjack & fruit juice	Scotch pancake with fruit and ice cream
T U E	Spaghetti bolognaise	Salmon Goujans with potato wedges	Shepherds pie (Lamb mince)
	Savoury quiche & diced potatoes (V)	Quorn curry with rice (V)	Vegetable grill with diced potatoes (V)
	Chicken baguette & sponge bar	Cheese roll & shortbread biscuit	Ham roll & Yorkshire jam tart
	Syrup Sponge & custard	Cornflake tart with custard	Yorkshire jam tart with custard
W E D	Roast pork with apple sauce	Roast chicken with sage & onion stuffing	Roast gammon and pineapple with roast potatoes
	Quorn sausage hot dog (V)	Jacket potato with cheese & onion (V)	Jacket potato with favourite filling (V)
	Cheese roll & chocolate krispie	Ham baguette & sticky chocolate muffin	Tuna baguette & chocolate brickwall
	Chocolate krispie with chocolate sauce	Sticky chocolate muffin with milkshake	Chocolate brickwall with chocolate sauce
T H U	Mild chicken curry with rice	Lasagne with side salad	Traditional chicken pie with creamed potatoes
	Wallace & Gromit pasta bake & herby bread(V)	Sweet potato slice with potato wedges (V)	Sticky quorn sausages with creamed potatoes (V)
	Tuna baguette & iced fruit smoothie	Chicken baguette & frozen yoghurt	Cheese baguette & lemon drizzle cake
	Fruit peasant pudding with custard	Rice pudding with topping	Lemon drizzle cake with custard
F R I	Beef burger on bun & low fat oven chips	Suffolk Pork Sausages with low fat oven chips	Fish fingers with low fat oven chips
	Vegetarian Pizza (V)	Cheese & tomato pizza with low fat oven chips (V)	Margherita pizza with low fat oven chips (V)
	Egg roll with Chocolate cookies	Egg roll & iced sponge	Egg roll & fruity muffin
	Chocolate cookies with juice	Rainbow iced sponge with fruit juice	Fruity muffin with milkshake

THERE IS ALSO A DESSERT CHOICE OF YOGHURT OR FRESH FRUIT EVERY DAY