

WEEK BEGINNING

Vegetables in season

Prepared on site

MENU 3

20th January 2020- 23rd January 2020

PLEASE NOTE THAT ALL CHOICES MAY NOT BE AVAILABLE TO LAST SITTING BUT THERE WILL ALWAYS BE

TWO HOT OPTIONS AVAILABLE AND ACCESS TO SECOND HELPINGS

| DAY | BREAKFAST | | REFECTORY |
|-----------------|--|--|--|
| MONDAY | Porridge | Turkey Meatballs and Sweet Chilli Sauce | Mince Beef Pie |
| | Continental | Pasta Carbonara | Baked Sausages |
| | Breakfast | Vegetarian Meatballs | Quorne Sausages |
| | Bacon | Salad Bar | Salad Bar |
| | Pancakes | Stirfry Vegetables | Peas / Carrots |
| | Boiled Eggs | Noodles / New Potatoes | Saute Potatoes / New Potatoes |
| Hot Rolls/Toast | | | |
| Marmalade | Apple Crumble & Custard | Rice Pudding | |
| Tea / Coffee | Fresh Fruit / Yoghurts / Cheese and Biscuits | Fresh Fruit / Yoghurts / Cheese and Biscuits | |
| TUESDAY | Continental | Breaded Fish | Chicken Kiev |
| | Breakfast | Pasta Sauce - Tomato and Pesto Cream | Lamb Balti & Garlic & Coriander Naan Bread |
| | Bacon | Fishless Fish Fingers | Vegetarian Kiev |
| | Scrambled Egg | Salad Bar | Salad Bar |
| | Potato Waffles | Baked Beans/Peas | Green Beans / Mixed Vegetables |
| | Hot Rolls/Toast | Chips/ New Potatoes | Rice / New Potatoes |
| Marmalade | | | |
| Tea / Coffee | Banana Splits | Pineapple Upsidedown Cake | |
| | Fresh Fruit / Yoghurts / Cheese and Biscuits | Fresh Fruit / Yoghurts / Cheese and Biscuits | |
| WEDNESDAY | Porridge | Roast Beef and Yorkies/Horseradish Sauce | Pork Belly |
| | Continental | Tomato and Roasted Veg Pasta Bake | Sweet and Sour Chicken Nuggets |
| | Breakfast | Vegetarian Roast | Vegetarian Nuggets |
| | Bacon / Kippers | Salad Bar | Salad Bar |
| | Poached Eggs | Cauliflower and Broccoli Bake / Carrots | Vegetable Medley |
| | Spaghetti Hoops | Roast Potatoes / New Potatoes | Curly Fries / New Potatoes /Rice |
| Hot Rolls/Toast | | | |
| Marmalade | Chocolate Crostata and Chocolate Fudge Sauce | Angel Delight | |
| Tea / Coffee | Fresh Fruit / Yoghurts / Cheese and Biscuits | Fresh Fruit / Yoghurts / Cheese and Biscuits | |
| THURSDAY | Porridge | Sausage and Mash | Exeat Weekend |
| | Continental | Pasta Sauce - Tomato and Garlic Lemon and Rocket | |
| | Breakfast | Alternative to Toad In The Hole | |
| | Bacon / Croissants | Salad Bar | |
| | Mushrooms | Broccoli/Sweetcorn | |
| | Fried Eggs | Mashed Potatoes/New Potatoes | |
| Hot Rolls/Toast | | | |
| Marmalade | Jelly & Cream | | |
| Tea / Coffee | Fresh Fruit / Yoghurts / Cheese and Biscuits | | |
| FRIDAY | Exeat Weekend | CPD DAY | Exeat |
| SATURDAY | Exeat | Exeat | Exeat |
| SUNDAY | Exeat | Exeat | Exeat |