








# WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Special				
MAIN MEAL	Beef & Lentil Bolognese Halal Option available	Classic Pork Sausage Halal Option Available	Cajun Spice Roasted Chicken or Halal Option Available	Chicken Madras Coconut Curry Halal option available	MSC Oven Baked Batter Crisp Fish with Lemon & Tartar Sauce or MSC Oven Based White Fish with Creamy Cheese Sauce
MEAT FREE	Vegetable Mince Quorn Bolognese	Vegetarian Sausage	Stuffed Aubergine With Herbs Couscous & Cheese	Roasted Cauliflower With Lentils & Spinach Coconut Curry	Margarita Pizza
TO GO WITH	Pasta Garlic Bread Chef Salad	Peas & Carrots Mash Potato Gravy	Mids Potatoes With Garlic Oil Green Steam Veggies	Poppadum's Steam Aromatic Rice Chef Salad	Chips Baked beans Or peas
SOMETHING DIFFERENT	Jacket potato with Baked Beans & Cheese Daily Special				
DESSERT	Drizzle Lemon Cake	Yoghurt Bar With Selection Of Toppings	Apple & Pear Crumble	Vanilla Cake Served With Custard	Warm Waffle with Golden Syrup
	Daily Salads with selection of toppings & Dressings Selection of Fruit Based Yoghurt, Vegan Based Jelly, Whole & Cut Fruit				



All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

# WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	 Chef Special				
MAIN MEAL	<b>Chilli Con Carne</b> Halal option available	Chicken & Mix Pepper Fajitas Halal Option available 	Roast Pork Loin With Apple Sauce Or <b>Halal</b> Roast Chicken	Classic Beef Lasagne Halal option available 	<b>MSC</b> Oven Baked Batter Crisp Fish with Lemon & tartar Sauce or <b>MSC</b> Oven Based White Fish with Creamy Cheese Sauce
MEAT FREE	Chilli Quorn No Carne	Red Onion, Tomato Borlotti Beans & Spinach Fajitas	Butternut Squash, Sweet Corn & Feta Frittata 	Roast Carrots & Cannellini Beans Lasagne 	Macaroni Cheese  
TO GO WITH	White Rice Tortilla Chips Sweetcorn	Bar Mark Wrap Jewelled Couscous	Herby Roast Potatoes Steam Cabbage & Carrots	Rosemary Focaccia Green Beans Chef Salad	Chips Baked Beans Peas
SOMETHING DIFFERENT	Jacket potato with Baked Beans & Cheese Daily Special				
DESSERT	Chocolate Flapjack	Carrot Cake	Ring Glazed Doughnuts	Apple crumble and custard	Yoghurt Bar With Selection Of Toppings
	Daily Salads with Selection of Toppings & Dressings Selection of Fruit Based Yoghurt, Vegan Based Jelly, Whole & Cut Fruit				



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# WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Special				
MAIN MEAL	Beef & Mushroom Ragu Halal Option available	Sticky Chilli Chicken Stir Fry With Vegetables Halal option available	BBQ Pulled Pork or Halal BBQ Chicken Thigh	Chicken Tikka Masala Halal option available	MSC Oven Baked Batter Crisp Fish with Lemon & Tartar Sauce or MSC Oven Based White Fish with Creamy Cheese Sauce
MEAT FREE	Plant Base Macaroni Cheese With Cauliflower	Sticky Tofu & Vegetable Stir Fry	BBQ Poke Bow Diced Quorn	Sweet Potato, Chickpea & Dhal Curry	Pasta served with Tangy Tomato Sauce
TO GO WITH	Pasta Sweetcorn & Peppers	Steamed Rice Chinese Style Savoy Cabbage	Corn on The Cob Lemon & Herbs Couscous	Basmati Rice Naan Bread Chutney Raita	Chips Baked beans Peas
SOMETHING DIFFERENT	Jacket potato with Baked Beans & Cheese Daily Special				
DESSERT	Yoghurt Bar With Selection Of Toppings	Lemon Shortbread	Mango Mousse	Yoghurt Bar with Selection of Toppings	Chocolate Brownie
	Daily Salads with Selection of Toppings & Dressings Selection of Fruit Based Yoghurt, Vegan Based Jelly, Whole & Cut Fruit				

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