		Week 1	Week 2	Week 3
Monday	Main	**Homemade Chicken Curry** served with 50/50 boiled rice & naan bread **Homemade Quorn Mince Cottage Pie** Served with Gravy	**Brunch** (Bacon, Hash Brown, Omelette/Scrambled Egg) with a fruit juice **Vegetarian Brunch** (Quorn Sausage, Hash Brown, Omelette/Scrambled Egg) with a fruit juice	**Big Tasty Fish Cake** served with Herby Potatoes **Homemade Creamy Tomato & Basil Pasta** served with Garlic Dough Balls
	Vegetable	**Green beans, Salad Bar**	**Baked Beans, Salad Bar**	**Baked Beans, Salad Bar**
	Dessert	**Ginger Biscuit & Wedge of Fruit, Fresh Fruit, Cheese & Crackers**	**Rice Pudding, Fruit Mousse, Fresh Fruit**	**Drizzled Carrot Cake, Fresh Fruit, Angel Whip**
Tuesday	Main	**Homemade Cheese & Rice Flan** served with Potato Wedges **Wrap or Barm** filled with either Ham, Turkey, Tuna, Cheese or Egg served with Potato Wedges	**Homemade Chicken & Bacon Tomato Pasta** served with Garlic Bread **Wrap or Barm** filled with either Ham, Turkey, Tuna, Cheese or Egg served with Herby Potatoes	**Pork & Carrot Meatballs (Gluten free)** served with Creamed Potatoes and Gravy **Wrap or Barm** filled with either Ham, Turkey, Tuna, Cheese or Egg served with Potato Wedges
	Vegetable	**Sweetcorn Cobette, Cheesy Coleslaw, Salad Bar**	**Sweetcorn, Cheesy Coleslaw, Salad Bar**	**Vegetable Medley, Cheesy Coleslaw, Salad Bar**
	Dessert	**Marble Sponge Cake & Custard, Yoghurt, Fresh Fruit**	**Fruit Crumble & Custard, Yoghurt, Fresh Fruit**	**Orange Cookie & Wedge of Fruit, Cheese & Crackers, Fresh Fruit**
Wednesday	Main	**Roast Gammon Dinner** served with Pineapple, Roast/Mash Potatoes & Gravy **Vegetarian Meatballs Dinner** served with Pineapple Roast/Mash Potatoes & Gravy	**Roast Turkey Dinner** served with Stuffing Balls, Roast/Mash Potatoes & Gravy **Quorn Sausage** served with Stuffing Balls, Roast/Mash Potatoes & Gravy	**Roast Chicken Fillet Dinner** served with Stuffing Balls, Roast/Mash Potatoes & Gravy **Vegetarian Meatballs Dinner** served with Stuffing Balls, Roast/Mash Potatoes & Gravy
	Vegetable	**Baton Carrots & Broccoli**	**Baton Carrots & Broccoli**	**Baton Carrots & Broccoli**
	Dessert	**Fresh Fruit Mix, Fruit Yoghurt, Fruit Muffin**	**Fresh Fruit Mix, Fruit Yoghurt, Fruit Muffin**	**Fresh Fruit Mix, Fruit Yoghurt, Fruit Muffin**
Thursday	Main	**Homemade Minced Beef & Onion Pie** served with Creamed Potatoes and Gravy **Homemade Tomato & Red Pepper** Pasta topped with Cheese served with homemade Garlic Dough Balls	**Mini Toad in the Hole** served with Potato Wedges and Gravy **Homemade Cheese & Rice Flan** served with Potato Wedges and Beans	**Homemade Hot Pot** served with Crusty Bread and Sliced Beetroot **Vegetarian Spaghetti Bolognaise** served with Crusty Bread
	Vegetable	**Vegetable Medley, Salad Bar**	**Vegetable Medley, Salad Bar**	**Peas, Sweetcorn, Salad Bar**
	Dessert	**Raspberry Bun, Fruit Mousse, Fresh Fruit**	**Melting Moment & Wedge of Fruit, Angel Whip, Fresh Fruit**	**Lemon Drizzle Muffin, Cheese and Crackers, Fresh Fruit**
Friday	Main	**Harry Ramsden's Junior Fish in Batter** served with chips **Homemade Margherita Pizza** served with chips	**Harry Ramsden's Seaside Salmon Fillet in a vinegar batter** served with chips **Homemade Margherita Pizza** served with chips	**Fillet Fish Fingers** served with Chips **Homemade Margherita Pizza** served with chips
	Vegetable	**Baked Beans, Salad Bar**	**Garden Peas, Salad Bar**	**Spaghetti Hoops, Salad Bar**
	Dessert	**Cook's own Chocolate Friday, Fresh Fruit**	**Cook's own Chocolate Friday, Fresh Fruit**	**Cook's own Chocolate Friday, Fresh Fruit**

Meat free: **Served Daily: Filled Jacket Potatoes with a daily choice of various fillings** **Salad Bar** - includes 5 fresh Salad items (except Wednesdays) **Assorted Breads** **Drinks: Chilled Milk, Milkshake and Water**

OCTOBER

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JANUARY

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

MARCH

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31