

# Spring 2022 Menu

Available daily: Freshly cooked jacket potatoes with choice of fillings, bread freshly baked daily on site and daily salad selection.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b> 3 Jan 24 Jan 21 Feb 14 Mar 4 Apr	Option 1	Cheese & Tomato Pizza	Salmon Fish Fingers Potato Salad	Minced Beef Cottage Pie with Mashed Potato Topping	Chicken Chow Mein with Noodles	BBQ Chicken & Chips
	Option 2	Chicken Curry with Rice	Vegetable Lasagne	Macaroni Cheese	Vegetable Pasty Chef's Special	Glamorgan Bean & Leek Sausages
	Vegetables & Salads	Cauliflower Green Beans Rainbow Slaw	Broccoli Sweetcorn Mixed Bean Salad	Carrots Green Cabbage Green Bean Salad	Roasted Squash Peppers Mixed Leaf Salad	Steamed Peas Baked Beans Potato Salad
	Dessert	Pear Crumble with Custard Yoghurt/Fresh Fruit	Mandarin Cheesecake Yoghurt/Fresh Fruit	Apple, Cheese & Oaty Biscuit Yoghurt/Fresh Fruit	Banana Loaf Yoghurt/Fresh Fruit	Yoghurt & Fresh Fruit Station
<b>WEEK TWO</b> 10 Jan 31 Jan 28 Feb 21 March	Option 1	Mac & Cheese	Chicken Jallof	Roast Chicken	Beef Lasagne	Battered Fish & Chips
	Option 2	Broccoli Pasta Bake	Vegetable & Bean Fajitas	Vegetarian Wellington	Quorn Pasta Bake	Chees & Red pepper Frittata
	Vegetables & Salads	Roasted Tomatoes Broccoli Coleslaw	Sweetcorn Courgettes Sweet Potato Power	Cauliflower Carrots Couscous Salad	Red Cabbage Green Beans Roasted Veg Power	Steamed Peas Baked Beans Tomato Penne Salad
	Dessert	Eve's Pudding with Custard Yoghurt/Fresh Fruit	Pear & Ginger Slice Yoghurt/Fresh Fruit	Melon, Breadsticks & Cheese Yoghurt/Fresh Fruit	Five A Day Cake Yoghurt/Fresh Fruit	Yoghurt & Fresh Fruit Station
<b>WEEK THREE</b> 17 Jan 7 Feb 7 March 28 March	Option 1	Meat Spaghetti Bolognese	Vegetarian Lentil & Sweet Potato Curry	Roast Turkey	Beef Chilli & Beans with 50/50 Rice	Breaded Fish & Chips
	Option 2	Vegetarian Spaghetti Bolognese	Spicy Bean Burger With Jacket Wedges	Cheese Wheels	Vegetarian Chilli	Vegetable Enchiladas
	Vegetables & Salads	Peppers Sliced Beans Green Bean Power	Sweetcorn & Peas Mixed Apple & Raisin Salad	Leeks Roasted Carrots Beetroot & Orange	Broccoli Cauliflower Grated Carrot Salad	Steamed Peas Baked Beans Tabbouleh
	Dessert	Rice Pudding with Mixed Berries Compote Yoghurt/Fresh Fruit	Apple & Raisin Strudel Yoghurt/Fresh Fruit	Pineapple, Cream Cheese & Crackers Yoghurt/Fresh Fruit	Peach Upside Down Cake with Custard Yoghurt/Fresh Fruit	Yoghurt & Fresh Fruit Station

