



THIS WEEK'S MENU

MONDAY

Daily Choice

Jacket Potato with Cheddar Cheese or Tuna Mayo

Alternative

Herby vegetable & mozzarella tart

Daily Seasonal Vegetables

Freshly Made Salad Bar and Home Baked Bread

Pudding

Iced cherry sponge

TUESDAY

Daily Choice

Spaghetti Bolognese

Alternative

Chickpea, spinach & coconut curry with steamed rice

Daily Seasonal Vegetables

Freshly Made Salad Bar and Home Baked Bread

Pudding

Chocolate raspberry brownie

WEDNESDAY

Daily Choice

Roasted salmon and red pepper pilau rice

Alternative

Stir fry vegetable noodles

Daily Seasonal Vegetables

Freshly Made Salad Bar and Home Baked Bread

Pudding

Lemon & poppy seed sponge

THURSDAY

Daily Choice

Quorn sausage, creamy mash & gravy

Alternative

Mediterranean vegetable linguini

Daily Seasonal Vegetables

All served with Seasonal Vegetables and Salad Bar

Pudding

Fresh fruit salad

FRIDAY

Daily Choice

Margarita Pizza with potato wedges

Alternative

Butternut and 5 bean chilli with a nacho crust

Daily Seasonal Vegetables

All served with Seasonal Vegetables and Salad Bar

Pudding

Strawberry jelly

Salad Bar items – Cucumber, Tomatoes, Sweetcorn, Mixed Leaves, Coleslaw, Beetroot, Potato Salads, Pasta Salads, Rice Salads, Seeds.

Homemade Bread Variety – White, Brown, Wholemeal & Seeded.

Yogurt and Fresh Fruit Available Daily.

COGNITA

Week commencing: 14/9, 5/10, 9/11, 30/11

