|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday - Simple** | **Tuesday - World** | **Wednesday - Roast** | **Thursday – Traditional** | **Friday - Fish** |
| **Homemade Soup of the Day with Brown Bread** | Tomato | Creamy Pea and Carrot | Vegetable | Spiced Root Vegetables | Leek and Potato |
|  |  |  |  |  |  |
| **Main Meal** | WC Rowe Pasties  Steak, Chicken & Vegetable | Mozambican Spiced Pulled Lamb | English Cured Gammon | Pork and Mushroom Cannelloni | White Fish Nuggets |
| **Vegetarian Meal** | Macaroni Cheese | Broccoli and Cream Cheese Pasta Bake | Quorn Meat Free Roast | Quorn Bolognaise | Spicy Bean Burger |
|  |  |  |  |  |  |
| **Starchy Foods** | Jacket Potato | Jacket Potato  Whole-Meal Pitta Bread | Jacket Potato  Roasted Potatoes | Jacket Potato  Spaghetti  Pesto, Rustic Tomato & Cheese Sauces | Jacket Potato  Gastro Chips |
| **Vegetables** | Low Sugar, Low Salt Baked Beans | Shredded Vegetables in Dip | Local Seasonal Vegetables | Green Beans | Garden Peas |
| **Salads** | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn | Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn |
|  |  |  |  |  |  |
| **Main Dessert** | Jam and Coconut Sponge | Apple Treacle Tart | Strawberry Meringue Nests | Carrot Cake | Raspberry Chocolate Brownie |
| **Cold Dessert** | Fresh Fruit  Low Fat Yoghurts | Fresh Fruit  Low Fat Yoghurts | Fresh Fruit  Low Fat Yoghurts | Fresh Fruit  Low Fat Yoghurts | Fresh Fruit  Low Fat Yoghurts |
|  |  |  |  |  |  |