

# our Tummy Fillers

Week Commencing: 4th September, 25th September, 16th October, 13th November & 4th December 2017

## Week 1

### Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Southern Baked Chicken Fillet with Mini Jacket Potato, Baked Beans and Coleslaw	Butchers Best Sausages with Mashed Potato, Peas and Gravy	Traditional Beef Bolognese served with Garlic Bread and Penne Pasta	Roast Loin of Pork with Apple Sauce, Yorkshire Pudding, Roast Potatoes, Vegetables and Gravy	MSC Breaded Fish Finger with Chips and Baked Beans or Garden Peas

### Vegetarian Meal

Jacket Potato with Beans Tuna or Cheese	Quorn Sausages Mashed Potato, Peas and Gravy	Jacket Potato with Beans Tuna or Cheese	Roasted Quorn Fillet Yorkshire Pudding, Roast Potatoes, Vegetables and Gravy	Homemade Cheese and Tomato Pizza with Chips and Baked Beans or Garden Peas
---	--	---	--	--

### Pasta of the Day

Topped with Homemade Tomato Sauce	Topped with Homemade Cheese Sauce	Topped with Homemade Tomato Sauce	Topped with Homemade Cheese Sauce	Topped with Homemade Tomato Sauce
-----------------------------------	-----------------------------------	-----------------------------------	-----------------------------------	-----------------------------------

### Dessert

Fruit Yoghurts	Cocoa Sponge with Chocolate Sauce	Apple Crumble with Custard	Fresh Fruit Jelly Delight	Fruit and Oat Cookies
----------------	-----------------------------------	----------------------------	---------------------------	-----------------------

Week Commencing: 11th September, 2nd October, 30th October, 20th November & 11th December 2017

## Week 2

### Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Ham and Tomato Pizza with Sweetcorn and Diced Herby Potatoes	Classic Beef Burger in a Bun with Potato Wedges and Peas	Italian Beef and Pork Meatballs in Tomato Sauce served with Penne Pasta	Roast Chicken Fillet with a Yorkshire Pudding, Roast Potatoes, Vegetables and Gravy	MSC Breaded Fish Finger with Chips and Baked Beans or Garden Peas

### Vegetarian Meal

Jacket Potato with Beans Tuna or cheese	Homemade Cheese & Tomato Pizza with Potato Wedges and Peas	Jacket Potato with Beans Tuna or Cheese	Roast Quorn Fillet, Roast Potatoes, Vegetables and Gravy	Quorn Nuggets with Chips and Baked Beans or Garden Peas
---	--	---	--	---

### Pasta of the Day

Topped with Homemade Tomato Sauce	Topped with Homemade Cheese Sauce	Topped with Homemade Tomato Sauce	Topped with Homemade Cheese Sauce	Topped with Homemade Tomato Sauce
-----------------------------------	-----------------------------------	-----------------------------------	-----------------------------------	-----------------------------------

### Dessert

Jam Sponge with Custard	Fruit Yoghurts	Lemon Drizzle Muffin	Vanilla Ice Cream Pot	Beetroot and Cocoa Brownies
-------------------------	----------------	----------------------	-----------------------	-----------------------------

Week Commencing: 18th September, 9th October, 6th November, 27th November & 18th December 2017

## Week 3

### Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Sausage Roll served with Potato Wedges and Baked Beans	Chipolata Sausages with Mash Potato Mixed Vegetables and Gravy	Minced Beef in Gravy topped with Mashed Potato with Mixed Vegetables	Roast Local Turkey Roast Potatoes, Yorkshire Pudding, Vegetables and Gravy	MSC Breaded Fish Finger with Chips and Baked Beans or Garden Peas

### Vegetarian Meal

Jacket Potato with Beans Tuna or Cheese	Quorn Sausages with Mash Potato Mixed Vegetables and Gravy	Jacket Potato with Beans Tuna or Cheese	Roast Quorn Fillet, Roast Potatoes, Vegetables and Gravy	Homemade Cheese & Tomato Pizza with Chips and Baked Beans or Garden Peas
---	--	---	--	--

### Pasta of the Day

Topped with Homemade Tomato Sauce	Topped with Homemade Cheese Sauce	Topped with Homemade Tomato Sauce	Topped with Homemade Cheese Sauce	Topped with Homemade Tomato Sauce
-----------------------------------	-----------------------------------	-----------------------------------	-----------------------------------	-----------------------------------

### Dessert

Cocoa Oat Crunch Cookie	Vanilla Shortbread	Creamy Rice Pudding with Jam	Fruit Yoghurts	Iced Cupcake
-------------------------	--------------------	------------------------------	----------------	--------------

### FOOD ALLERGIES & INTOLERANCES

IF YOU SUFFER FROM EITHER OF THE ABOVE, PLEASE SPEAK TO THE CHEF MANAGER PRIOR TO PLACING YOUR ORDER WE WILL BE PLEASED TO DISCUSS THE CONTENTS OF ANY DISH WITH YOU

## our Salad Feast

Freshly Prepared Salad Bar, Freshly Prepared Baked Bread, Fresh Fruit Selection, Yoghurt, Jelly and Jacket Potatoes with a variety of fillings.

Available Every Day