

# Week One



MONDAY

Moroccan chicken and rice  
or  
✓ Vegetarian sausages and gravy with diced potatoes  
Broccoli and salad  
Oatmeal cookie



TUESDAY

Beef roast and gravy  
or  
✓ Quorn burger and gravy  
Yorkshire pudding, dry roast potatoes, cabbage, carrots, Salad  
Mixed cold desserts

WEDNESDAY

Beef meatballs and gravy with pasta and broccoli  
or  
✓ Pizza with sweetcorn  
Salad  
Banana flapjack



THURSDAY

Pork roast and gravy  
or  
✓ Bean and cheese yorkie  
Dry roast potatoes, broccoli, cauliflower and carrot mix  
Salad  
Mixed cold desserts

FRIDAY

Baked fish fingers and tomato ketchup with chipped potatoes and baked beans  
or  
✓ Neapolitan pasta with garden peas  
Salad  
Chocolate cherry muffin



# Week Two

MONDAY

Baked pork sausages with mashed potatoes and baked beans  
or  
✓ Macaroni cheese and garden peas  
Salad  
Ice cream



TUESDAY

Chicken roast with gravy  
or  
✓ Vegetable and bean bake and gravy  
Dry roast potatoes, broccoli, cauliflower and carrot mix, Salad  
Mixed cold desserts

WEDNESDAY

Salmon and haddock slice with potato wedges  
or  
✓ Pizza  
Garden peas and sweetcorn medley  
Salad  
Fruit crumble slice and low sugar custard



THURSDAY

Beef roast with Yorkshire pudding and gravy with dry roast potatoes, swede and carrots  
or  
✓ Sweet potato and lentil curry and rice with green beans  
Salad  
Mixed cold desserts

FRIDAY

Battered fish and tomato ketchup  
or  
✓ Vegetarian Quorn pasty  
Chipped potatoes, garden peas  
Salad  
Iced fruit bread



# Week Three



MONDAY

Southern coated chicken goujons  
or  
✓ Cheese and vegetable bake  
Herb diced potatoes, garden peas and sweetcorn medley, Salad  
Chocolate sponge and chocolate custard

TUESDAY

Pork roast and gravy  
or  
✓ Vegetarian toad in the hole and gravy  
Dry roast potatoes, cabbage and carrots  
Salad  
Mixed cold desserts



WEDNESDAY

Mild beef Madras curry, naan bread and rice  
or  
✓ Pizza  
Broccoli and salad  
Orange cookie



THURSDAY

Chicken roast with gravy  
or  
✓ Vegetarian sausage puff and gravy  
Dry roast potatoes, broccoli, cauliflower and carrot mix  
Salad  
Mixed cold desserts

FRIDAY

Baked fish fingers with tomato ketchup, chipped potatoes and garden peas  
or  
✓ Tomato bean gratin and sweetcorn  
Salad  
Tutti frutti sponge



## Menu dates for October 2016 - April 2017

□ Week One   □ Week Two   □ Week Three

	SUN	MON	TUE	WED	THUR	FRI	SAT
<b>OCTOBER</b>							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					
<b>NOVEMBER</b>				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		
<b>DECEMBER</b>							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					

	SUN	MON	TUE	WED	THUR	FRI	SAT
<b>JANUARY 2017</b>							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					
<b>FEBRUARY</b>							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						
<b>MARCH</b>							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					

	SUN	MON	TUE	WED	THUR	FRI	SAT
<b>APRIL</b>							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						

✓ Vegetarian option.   ♻️ HC3S only uses fish products deemed to come from well-managed and sustainable fisheries.

**Alternative Desserts:** Banana, apple, orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice will be available daily. **Additional bread** will be available daily

