

# Let's Eat

# Two choice menu

## Monday

Sausage & Mash with Gravy & Seasonal Vegetables  
 Cheese / tuna / beans / coleslaw jacket potato  
 Bananas and Custard  
 Yoghurt - selection of flavours  
 Fruit

## Tuesday

Chicken Tikka Masala with Rice  
 Knorr Cream of Chicken  
 Tuna / cheese / ham / egg / filled roll  
 Cookie  
 Yoghurt - selection of flavours  
 Fruit

## Wednesday

Chicken Wrap with Rice & Salad  
 Cheese / tuna / beans / coleslaw jacket potato  
 Chocolate Mousse Break with Mandarin Segments  
 Yoghurt - selection of flavours  
 Fruit

## Thursday

Chicken / Roast Potatoes, Carrots, Yorkshire Pudding & Gravy  
 Tomato & Basil Soup  
 Tuna / cheese / ham / egg / panini  
 Fruit Flapjack  
 Yoghurt - selection of flavours  
 Fruit

## Friday

Fish Fingers, Chips & Peas (mushy or garden)  
 Cheese / tuna / beans / coleslaw jacket potato  
 Frozen Yoghurt with Mixed Berries  
 Yoghurt - selection of flavours  
 Fruit

## Week one

**October 2022**  
 M T W T F S S  
 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

**November 2022**  
 M T W T F S S  
 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

**December 2022**  
 M T W T F S S  
 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

## Week two

Fish Fingers, Mash, Potato Mash & Beans  
 Cheese / tuna / beans / coleslaw jacket potato  
 Brownie  
 Yoghurt - selection of flavours  
 Fruit

All day breakfast - Scrambled Egg, Bacon, Sausage, Hash Brown & Beans  
 Leek & Potato Soup  
 Tuna / cheese / ham / egg / filled roll  
 Fruit Muffin  
 Yoghurt - selection of flavours  
 Fruit

Ham & Cheese Pasta Bake with Garlic Bread  
 Cheese / tuna / beans / coleslaw jacket potato  
 Chocolate Mousse Break with Banana  
 Yoghurt - selection of flavours  
 Fruit

Roast Pork, Mash, Seasonal Veg & Gravy  
 Knorr Cream of Chicken Soup  
 Tuna / cheese / ham / egg / panini  
 Jelly & Fruit  
 Yoghurt - selection of flavours  
 Fruit

Harry Ramsden's Fish Fillet, Chips & Peas (mushy or garden)  
 Cheese / tuna / beans / coleslaw jacket potato  
 Fruit Sponge & Custard  
 Yoghurt - selection of flavours  
 Fruit

**January 2023**  
 M T W T F S S  
 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

**February 2023**  
 M T W T F S S  
 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

## Week three

Chicken Burger on a Diddi Roll with Crisssouts & Beans  
 Cheese / tuna / beans / coleslaw jacket potato  
 Strawberry Mousse Break with Strawberries  
 Yoghurt - selection of flavours  
 Fruit

Spaghetti Bolognese with Garlic Bread  
 Tomato & Basil Soup  
 Tuna / cheese / ham / egg / filled roll  
 Frozen Toffee Yoghurt with Banana  
 Yoghurt - selection of flavours  
 Fruit

Chicken Korma with rice  
 Cheese / tuna / beans / coleslaw jacket potato  
 Chef Choice Fruit Crumble & Custard  
 Yoghurt - selection of flavours  
 Fruit

Roast Chicken, Mash, Stuffing, Seasonal Veg & Gravy  
 Leek & Potato Soup  
 Tuna / cheese / ham / egg / panini  
 Butterfly Cake  
 Yoghurt - selection of flavours  
 Fruit

Fish Stars, Wedges & Beans  
 Cheese / tuna / beans / coleslaw jacket potato  
 Cookie & Milkshake  
 Yoghurt - selection of flavours  
 Fruit

**March 2023**  
 M T W T F S S  
 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

Available daily: Water, milk and fruit juice.

Vegetarian

Week One Week Two Week Three

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
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