

Menu for Week 1**September/October 2017**

Weeks commencing	18th September & 9th October			
Monday	Tuesday	Wednesday	Thursday	Friday
Main Option (Red band)				
Mediterranean vegetable pasta bake v	Organic Cumberland pork sausages, mashed potato & gravy	Roast British chicken with sage & onion stuffing, roast potatoes & gravy	Organic beef cottage pie	Jumbo cod fish finger & country style potatoes
Vegetarian Option (Green band)				
Country vegetable bake & crispy herby potatoes v	Chilli non carne & rice v	Quorn fillet, sage & onion stuffing, roast potatoes & gravy v	Vegetarian sausage cassoulet & mashed potato v	Cheese & tomato whirl & country style potatoes v
Jacket Potato / Pasta Option (Yellow band)				
Jacket potato with tuna and/or cheese and/or baked beans c	Jacket potato with cheese and/or baked beans v, c	Jacket potato with cheese and/or baked beans v, c	Jacket potato with cheese and/or baked beans v, c	Cheese & tomato pasta v, c
Vegetables (a salad cart is also available every day)				
Sweetcorn & baked beans	Cabbage & garden peas	Carrots & broccoli	Cauliflower & green beans	Baked beans & crushed peas
Dessert (yoghurt is also available as an alternative dessert)				
Wholemeal shortbread corner & fresh orange wedges v	Fresh fruit salad & vanilla crème fraiche v	Fruit yoghurt v	Cheese and crackers & grapes v	Chocolate brownie & vanilla crème fraiche v

v = suitable for vegetarians**c** = contains cheese