

# Munchin

Week 1

## Monday

Spaghetti Bolognaise  
 Cheese Pinwheels  
 Crunchy Coleslaw  
 Carrots  
 Salad Bar  
 Homemade Garlic Bread  
 New Potatoes  
 Apple Muffins  
 Shortbread Biscuit  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta, Jacket And Sandwich Bar  
 Assorted Cold Sweets

## Tuesday

Cheese & Tomato Pizza  
 Chicken Tikka Masala  
 Baked Beans  
 Broccoli  
 Salad Bar  
 Boiled Rice  
 Jacket Potatoes  
 Jam Sponge  
 Custard Sauce  
 Blue Peter Biscuit  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta, Jacket And Sandwich Bar  
 Assorted Cold Sweets

## Wednesday

Gammon With Pineapple  
 Gravy  
 Quiche  
 Garden Peas & Sweetcorn  
 Salad Bar  
 Oven Roast & Creamed Potatoes  
 Gateau  
 Ginger Biscuit  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta, Jacket And Sandwich Bar  
 Assorted Cold Sweets

## Thursday

Chicken Casserole With Dumplings  
 Gravy  
 Bean & Potato Pie  
 Cabbage  
 Salad Bar  
 Petit Pain Roll  
 Oven Baked Potatoes  
 Rice Pudding  
 Flapjack  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta, Jacket And Sandwich Bar  
 Assorted Cold Sweets

## Friday

Oven Baked Breaded Fish  
 Parsley Sauce  
 Meat Cobbler  
 Gravy  
 Garden Peas  
 Salad Bar  
 Oven Chips  
 Jacket Potatoes  
 Eve's Pudding  
 Custard Sauce  
 Ice-Cream  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta, Jacket And Sandwich Bar  
 Assorted Cold Sweets

Week 2

## Monday

Chicken Curry  
 Quorn Fajitas  
 Golden Sweetcorn  
 Salad Bar  
 Potato Wedges  
 Boiled Rice  
 Chocolate Gateau  
 Oat Biscuit  
 Fresh Fruit Juice  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta, Jacket And Sandwich Bar  
 Assorted Cold Sweets

## Tuesday

Beef Pasty  
 Gravy  
 Tuna Pasta Bake  
 Baked Beans  
 Green Beans  
 Salad Bar  
 Jacket Potatoes  
 Garlic Pasta  
 Apple & Ginger Sponge  
 Custard Sauce  
 Flapjack  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta, Jacket And Sandwich Bar  
 Assorted Cold Sweets

## Wednesday

Roast Turkey  
 Sage & Onion Stuffing  
 Gravy  
 Pizza Swirls  
 Cabbage  
 Carrots  
 Salad Bar  
 Oven Roast & Creamed Potatoes  
 Fairy Bun  
 Cheesecake  
 Fresh Fruit Salad  
 \*\*\*\*\*  
 Pasta, Jacket And Sandwich Bar  
 Assorted Cold Sweets

## Thursday

Oven Baked Fish Fingers  
 Parsley Sauce  
 Lasagne  
 Broccoli  
 Salad Bar  
 Homemade Garlic Bread  
 New Potatoes  
 Chocolate Pear Pudding  
 Custard Sauce  
 Yoghurt  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta, Jacket And Sandwich Bar  
 Assorted Cold Sweets

## Friday

Baked Sausage  
 Gravy  
 Breaded Salmon Fillet  
 Swede and Carrots Mix  
 Salad Bar  
 Creamed Potatoes  
 Oven Baked Diced Potatoes  
 Jelly With Cream  
 Raspberry Bun  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta, Jacket And Sandwich Bar  
 Assorted Cold Sweets

