

# Munchin

## Week 1

### Monday

Chicken Tikka Masala  
 Jacket Potato With Beans & Cheese  
 Mixed Vegetable Medley  
 Salad Bar  
 Boiled Rice  
 Lemon Crunch Tart  
 Custard Sauce  
 Ice-Cream  
 Fresh Fruit Salad

### Tuesday

Oven Baked Fish Fingers  
 Baked Macaroni Cheese  
 Golden Sweetcorn  
 Salad Bar  
 Jacket Potatoes  
 Oven Baked Potatoes  
 Gateau  
 Yoghurt  
 Fresh Fruit Salad

### Wednesday

Gammon With Pineapple  
 Loaded Vegetable Pizza  
 Carrots  
 Broccoli  
 Salad Bar  
 Roast Potatoes  
 New Potatoes  
 Fruit Crumble  
 Custard Sauce  
 Jelly With Cream  
 Fresh Fruit Salad

### Thursday

Roast Chicken In Gravy  
 Quorn Lasagne  
 Fresh Cauliflower  
 Green Beans  
 Salad Bar  
 Creamed Potatoes  
 Homemade Garlic Bread  
 Chocolate Shortbread  
 Fresh Fruit Juice  
 Yoghurt  
 Fresh Fruit Salad

### Friday

Baked Sausage  
 Quorn Sausage  
 Baked Beans  
 Golden Sweetcorn  
 Salad Bar  
 Oven Chips  
 Couscous  
 Chocolate Pear Pudding  
 Custard Sauce  
 Fresh Fruit Salad

## Week 2

### Monday

Home-made Meatballs in Tomato Sauce  
 Loaded Vegetable Pizza  
 Garden Peas & Sweetcorn  
 Salad Bar  
 Noodles  
 Jacket Potatoes  
 Eve's Pudding  
 Custard Sauce  
 Yoghurt  
 Fresh Fruit Salad

### Tuesday

Chicken Pie  
 Gravy  
 Salmon Fish Cake  
 Broccoli  
 Fresh Cauliflower  
 Salad Bar  
 Homemade Garlic Bread  
 Creamed Potatoes  
 Gateau  
 Fresh Fruit Salad

### Wednesday

Home-Made Sausage Roll  
 Gravy  
 Vegetarian Pasta Bake  
 Mixed Vegetable Medley  
 Salad Bar  
 Oven Roast & Creamed Potatoes  
 Syrup Sponge  
 Custard Sauce  
 Yoghurt  
 Fresh Fruit Salad

### Thursday

Chicken in Wholemeal Crumb  
 Quorn Fajitas  
 Baked Beans  
 Garden Peas  
 Salad Bar  
 Homemade Jacket Wedges  
 Jacket Potatoes  
 Rice Pudding  
 Ice-Cream Roll  
 Fresh Fruit Salad

### Friday

Oven Baked Breaded Fish  
 Cheese & Onion Roll  
 Carrots  
 Cabbage  
 Salad Bar  
 Oven Baked Potatoes  
 New Potatoes  
 Apple Muffins  
 Ginger Biscuit  
 Flavoured Milkshake  
 Fresh Fruit Salad

