

# Munchin

Week 1

## Monday

Chicken Casserole With Dumplings  
 Vegetarian Pasta Bake  
 Carrots  
 Garden Peas  
 Salad Bar  
 Creamed Potatoes  
 Garlic Slice  
 Rice Pudding  
 Apple Turnovers  
 Yoghurt  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta And Jacket Bar  
 Assorted Cold Sweets

## Tuesday

Pork Pasty  
 Gravy  
 Cheese & Tomato Pizza  
 Mixed Vegetable Medley  
 Salad Bar  
 Jacket Potatoes  
 Oven Baked Potatoes  
 Victoria Sponge  
 Custard Sauce  
 Fairy Bun  
 Yoghurt  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta And Jacket Bar  
 Assorted Cold Sweets

## Wednesday

Roast Turkey  
 Sage & Onion Stuffing  
 Gravy  
 Breaded Salmon Fillet  
 Fresh Cauliflower  
 Broccoli  
 Salad Bar  
 Oven Roast & Creamed Potatoes  
 Fruit Crumble  
 Custard Sauce  
 Abbey Crunch Biscuit  
 Yoghurt  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta And Jacket Bar  
 Assorted Cold Sweets

## Thursday

Oven Baked Fish Fingers  
 Parsley Sauce  
 Quorn Spaghetti Bolognaise  
 Garden Peas & Sweetcorn  
 Salad Bar  
 Parsley Potatoes  
 Hash Browns  
 Syrup Sponge  
 Custard Sauce  
 Fruit In Jelly  
 Yoghurt  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta And Jacket Bar  
 Assorted Cold Sweets

## Friday

Gammon With Pineapple  
 Cheese Pinwheels  
 Green Beans  
 Carrots  
 Salad Bar  
 Savoury Potato Layer  
 Noodles  
 Chocolate Sponge  
 Chocolate Sauce  
 Yoghurt  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta And Jacket Bar  
 Assorted Cold Sweets

Week 2

## Monday

Oven Baked Breaded Fish  
 Parsley Sauce  
 Bean & Potato Pie  
 Mixed Vegetable Medley  
 Salad Bar  
 Oven Baked Potatoes  
 Creamed Potatoes  
 Orange Victoria Sponge  
 Custard Sauce  
 Ice-Cream Roll  
 Yoghurt  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta And Jacket Bar  
 Assorted Cold Sweets

## Tuesday

Chilli Chicken Fajitas  
 Cheese & Tomato Pizza  
 Garden Peas & Sweetcorn  
 Salad Bar  
 Homemade Jacket Wedges  
 Savoury Potato Layer  
 Jam Sponge  
 Custard Sauce  
 Apple Muffins  
 Yoghurt  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta And Jacket Bar  
 Assorted Cold Sweets

## Wednesday

Roast Beef  
 Gravy  
 Yorkshire Pudding  
 Quorn Lasagne  
 Cabbage  
 Carrots  
 Salad Bar  
 Oven Roast & Creamed Potatoes  
 Chocolate Fudge Pudding  
 Custard Sauce  
 Yoghurt  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta And Jacket Bar  
 Assorted Cold Sweets

## Thursday

Chicken Tikka Masala  
 Salmon Fish Cake  
 Green Beans  
 Salad Bar  
 Boiled Rice  
 Jacket Potatoes  
 Apple & Ginger Sponge  
 Custard Sauce  
 Yoghurt  
 Fresh Fruit  
 \*\*\*\*\*  
 Pasta And Jacket Bar  
 Assorted Cold Sweets

## Friday

Baked Sausage  
 Gravy  
 Quorn Chilli  
 Carrots  
 Broccoli  
 Salad Bar  
 Hash Browns  
 Parsley Potatoes  
 Lemon-Iced Muffin  
 Jelly & Ice-Cream  
 Yoghurt  
 Fresh Fruit Salad  
 \*\*\*\*\*  
 Pasta And Jacket Bar  
 Assorted Cold Sweets

