



Main Meal Menu Offer

September 2008



The journey
to good health



The journey to good health *Week One*

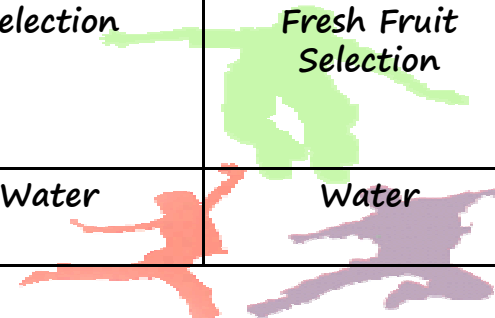


	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Dish of the Day	<i>Chilli Con Carne served with Boiled Rice</i>	<i>Calypso Chicken served with Pasta Spirals</i>	<i>Roasted Lamb served with Roasted Potatoes</i>	<i>Moussaka served with Tomato & Herb Bread wedge</i>	<i>Oven Baked Battered Cod Portion served with chips</i>
Dish of the Day Vegetarian Option	<i>Trio of Vegetables Mornay served with Champ Mash</i>	<i>Chick Pea Aloo Ghobi served with Pilau Rice</i>	<i>Roasted Vegetables Toad in the Hole served with Roast Potatoes</i>	<i>Spicy Bean & Vegetable Wrap served with Herb Baked Wedges</i>	<i>Quorn & Vegetable Pasty served with Chips</i>
Vegetables & Salads	<i>Sweet Corn Vegetable of the day Seasonal Salad</i>	<i>Baked Beans Vegetable of the day Seasonal Salad</i>	<i>Green Beans Vegetable of the day Seasonal Salad</i>	<i>Stir Fried Fresh Vegetables Vegetable of the day Seasonal Salad</i>	<i>Garden Peas Vegetable of the day Seasonal Salad</i>
Pudding of the Day	<i>Apple Cake served with Vanilla Sauce</i> <i>Fresh Fruit Pieces</i>	<i>Fruit Fool</i> <i>Fresh Fruit Pieces</i>	<i>Lemon & Ginger Pudding served with Custard</i> <i>Fresh Fruit Pieces</i>	<i>Chocolate Orange Fudge Cake</i> <i>Fresh Fruit Pieces</i>	<i>Toffee Apple Oaty Crumble served with Custard</i> <i>Fresh Fruit Pieces</i>
Drinks	<i>Water</i>	<i>Water</i>	<i>Water</i>	<i>Water</i>	<i>Water</i>
<i>Halal & Non Halal meat option available daily</i>					

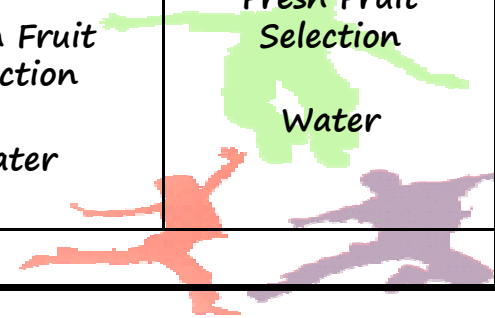


	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Lamb Pilaff	Bolognaise served with Pasta Spirals	Roasted chicken served with Roasted Potatoes	Lamb Cobbler served with mashed Potatoes	Salmon Wrap served with Chips
Dish of the Day Vegetarian Option	Vegetable Pitta Pockets served with Cajun Wedges	Fruity Caribbean Curry served with Pilau Rice	Vegetable Lasagne served with Garlic Bread	Quorn, Potato & Leek Pie	Vegetable chilli served with Rice
Vegetables and Salads	Peas Vegetable of the day Seasonal Salad	Sweet Corn Vegetable of the day Seasonal Salad	Broccoli Vegetable of the day Seasonal Salad	Fresh Carrots Vegetable of the day Seasonal Salad	Baked Beans Vegetable of the day Seasonal Salad
Pudding of the Day	Mixed Fruit Pie served with Custard Fresh Fruit Selection	Warm Carrot Cake with Vanilla Sauce Fresh Fruit Selection	Chocolate & Orange Mousse Fresh Fruit Selection	Peach Fool Fresh Fruit Selection	Sultana sponge served with Custard Fresh Fruit Selection
Drinks	Water	Water	Water	Water	Water

Halal & Non Halal Meat options available daily



	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Hot Pot served with Mashed Potatoes	Lamb Kofta in Tomato Sauce served with Pasta Spirals	Roasted Turkey served with Roasted Potatoes	Savoury Mince & Vegetables served with Boiled Potatoes	Oven Baked Wholemeal Breaded Cod Portion served with Chips
Dish of the Day Vegetarian Option	Quorn & Vegetable Chow mein	Vegetable Frittata	Swiss Baked Vegetable Cottage Pie	Vegetable Korma served with Rice	Quorn & Vegetable Hot Pot
Vegetables and Salads	Sweet Corn Vegetable of the day Seasonal Salad	Baked Beans Vegetable of the day Seasonal Salad	Broccoli Vegetable of the day Seasonal Salad	Fresh Carrots Vegetable of the day Seasonal Salad	Garden Peas Vegetable of the day Seasonal Salad
Pudding of the Day	Crunchy Mixed Fruit Crumble served with Custard	Mandarin Fool	Apple & Cinnamon Strudel served with Custard	Chocolate Bread & Butter Pudding served with Chocolate Sauce	Pineapple Upside Down Pudding served with Custard
Drinks	Fresh Fruit Selection Water	Fresh Fruit Selection Water	Fresh Fruit Selection Water	Fresh Fruit Selection Water	Fresh Fruit Selection Water
Halal & Non Halal Meat options available daily					



The journey to good health *Week Four*



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Dish of the Day	Lasagne served with Jacket Potato	Chicken & Sweet Corn Pie served with Mashed Potatoes	Roasted Pork served with Roasted Potatoes	Lamb Kebab Pita Pockets served with Chips	Crunchy Topped Fish Pie served with Champ Mash
Dish of the Day Vegetarian Option	Sweet & Sour Quorn served with Rice	Egg & Potato Aussie Pie	Vegetable Bolognese served with Pasta	Macaroni Cheese Bake served with Garlic & Herb Bread Wedge	Quorn & Sweet Potato Curry served with Rice
Vegetables and Salads	Baked Beans <i>Vegetable of the day</i> Seasonal Salad	Green Beans <i>Vegetable of the day</i> Seasonal Salad	Fresh Carrots <i>Vegetable of the day</i> Seasonal Salad	Stir Fried Fresh Vegetables <i>Vegetable of the day</i> Seasonal Salad	Garden Peas <i>Vegetable of the day</i> Seasonal Salad
Pudding of the Day	Dutch Apple Pie served with Custard	Mandarin Jelly	Rhubarb & lemon Cake served with Custard	Firecracker Cake served with Vanilla Sauce	Peach & Pineapple Crumble served with Custard
Drinks	Fresh Fruit Selection Water	Fresh Fruit Selection Water	Fresh Fruit Selection Water	Fresh Fruit Selection Water	Fresh Fruit Selection Water
Halal & Non Halal Meat options available daily					

