

MODIFIED TEXTURE MEAL

Category E : Fork Mashable Menu

FISH

Fish Mornay Boiled Potatoes Broccoli and Carrots
Salmon supreme served with parsley boiled potatoes and broccoli GF

MEAT

Beef Hotpot served with Sauté Potatoes and Carrots & Broccoli GF ↑
Beef in Gravy served with Boiled Potatoes, Carrots and Broccoli
Sausage Casserole Serve with Mashed Potatoes, Carrots and Swede ↑
Shepherd's Pie served with Mashed Root Vegetables GF

CHICKEN

Chicken and Vegetable Casserole served with Boiled Potatoes, Broccoli and Cauliflower in a white sauce ↑ GF
Creamy Chicken Pie, Creamy Chicken topped with Mashed Potato, served with Broccoli, Swede & Carrots GF
Chicken in Gravy served with Parsley Boiled Potatoes, Cauliflower, Swede & Carrots

VEGETARIAN

Cauliflower cheese and Broccoli Bake served with Parsley Boiled Potatoes V
Cheesy Omelette served with Parsley Boiled potatoes and Broccoli in Tomato sauce ↑ V
Vegetable Curry served with Saag Aloo and Broccoli (VEGAN) GF V ↑
Cheese and onion potato pie served with broccoli, carrots and swede V ↑
Vegetable and Lentil Casserole served with Mashed Potato, Broccoli, Cauliflower & Carrots, ↑ V

HOT DESSERTS

Goopy Chocolate Sponge with Custard ↑ V
Steamed Raspberry Sponge with Custard ↑ V
Sticky Toffee and Date Pudding with Custard ↑ V

COLD DESSERTS

Chocolate Mousse
Strawberry Mousse
Ambrosia Rice Pudding Pot V
Crème Caramel V
Thick & Creamy Yoghurt V
Muller Light Yoghurt

Diet Coding

GF - Gluten Free

V - Vegetarian

↑ - High Energy

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Cat E – Nov 2017

